



**FREE
WORKSHOP**



GETTING A GOOD NIGHT SLEEP

JOIN US FOR THIS WORKSHOP TO LEARN ABOUT "GETTING A GOOD NIGHT SLEEP". WE WILL DISCUSS HOW YOUR ROUTINE CAN AFFECT YOUR GOOD NIGHT'S SLEEP, WHY SLEEP IS SO IMPORTANT TO YOUR HEALTH, AND HOW TO DEVELOP GOOD SLEEPING HABITS.

**TUESDAY, JUNE 21 AT 10:00AM
CALL 919-693-3383 TO REGISTER**