

BETTER SLEEP PROGRAM



Providing resources, education & strategies to enhance your ability, to change behaviours & thoughts that impact sleep

Do you have:

- Difficulty falling asleep or staying asleep?
 - Frequent night time waking?
- Daytime fatigue/ waking up not feeling refreshed?
 - Difficulty functioning throughout the day?
 - Low mood related to sleeping difficulty?

Facilitated by Stephanie McGrath, RP and Chris Harris, RN

Ottawa Valley Family Health Team

95 Spring Street, Almonte, ON K0A 1A0

5- week sessions starting

Tuesday, April 30, 2019 - 10:30am- 12:00pm

OR

Wednesday, September 25, 2019 - 1:00pm-2:30pm

Call Katelyn to register for one of the sessions at 613-256-9370 ext 4044

FREE and open to men and woman of all ages. Learn stress management relaxation techniques, managing negative thoughts and sleep hygiene.