

# 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

**Starting Tuesday February 5, 2019 - 5 weeks**  
**1-3pm**

Call Katelyn for more information 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.**