

WANT BETTER SLEEP?

PCCN: WW welcomes you to attend our next session with Guest Speaker Kathy Somers,
Stress Management and High Performance Clinic, University of Guelph

Does it take a long time to fall asleep?

Mid-night awakenings?

Feeling Sleep is not refreshing?

Learn the most effective drug-free strategies to promote better, restful sleep
(Yes, it's true that long term use of sleeping pills changes your sleep
structure and generates insomnia!)

This FREE presentation is open to ALL

DATE:

Tuesday February 24, 2015

TIME:

7:15PM – 8:30PM

LOCATION:

HopeSpring Cancer Support
16 Andrew St.
Kitchener, ON

For Further Information - Contact: PCCN:W-W
Answering Service: 226-240-9264
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