

# Help with your Health

• Free 1.5 hour interactive workshop to help you better manage your health •



## Understanding Stress and Sleep

- Myths about sleep
- Tips on how to get a good night's sleep
  - Common signs of a sleep disorder
  - Video on stress
- How to manage stress

**DATE**

**TIME**

**LOCATION**

**Pre-registration is *required*, for more information:  
Call 1-866-971-5545 or visit [www.ceselfmanagement.ca](http://www.ceselfmanagement.ca)**