

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**



Self-Management Program  Ontario