

CBT-Insomnia

An Introduction to Improving your sleep



Increase Knowledge

Improve Sleep Habits

Quiet a Busy Mind

(Make positive changes in your sleep environment,
thinking and actions)

Date: June 13, 20, 27, 2018

Time: 1:30 to 3:00

Location: NFHT

TO REGISTER

Call 289-252-2139

Email info@nfht.ca