

*Northumberland*

**Family Health Team**

Northumberland Mall, Unit 10  
1111 Elgin Street West  
Cobourg ON K9A 5H7

# SLEEP



Come and Learn About:  
Sleep Hygiene, Re-setting the sleep driver and quieting a busy mind !

**Ongoing Admissions**

**Date:** Wednesday June 19, 2019

**Time:** 1:30 to 3:00pm

**Location:** NFHT Office Northumberland Mall

**TO REGISTER**

Call 289-252-2139

Email [info@nfht.ca](mailto:info@nfht.ca)