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 **Wednesday, November 25, 2026**

TIME **10:00 a.m. to 11:00 a.m.**

LOCATION **Online through Zoom**
Zoom link sent prior to workshop start date
Video camera and Microphone required

Pre-registration is *required*, for more information:
Call 1-866-971-5545 or visit www.ceselfmanagement.ca

Self-Management Program
Central East