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 **2:00 p.m. to 3:00 p.m.**

LOCATION **Scarborough Village Community Centre**
Scarborough Centre for Healthy Communities
Active Living Centre
3600 Kingston Road

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

Self-Management Program
Central East

SCARBOROUGH CENTRE FOR HEALTHY COMMUNITIES