

Sleep Habits



Do you still feel tired when you wake up in the morning? Join us to learn about:

- What can interfere with your sleep.
- Behaviours that are not helping your sleep.
- Ways to practice healthy sleep habits for better sleep.

Class Type	Date	Time	How to Register
2 hour Online Class	Thursday, May 9	1:00 p.m. – 3:30 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Tuesday, June 25	5:30 p.m. – 7:30 p.m.	
1.5 hour Online Class	Tuesday, July 16	10:15 a.m. – 11:45 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

