



Moving You Towards Healthier Sleep

What can I expect to learn?

This class will explore the importance of sleep and how it impacts our health and life. Topics include:

- Lifestyle changes that you can make to improve the quality and quantity of sleep
- Current sleep status, identifying challenges
- Understanding sleep

This class is for anyone who wants to sleep better.

How many classes are there?

One class for 2 hours and 30 minutes

How is this class being offered?

Over Zoom

Who can register for this class?

Adults who are living in Alberta and will physically be in Alberta during the class.

How can I register for this class?

Call 1-866-506-6654 or 1-866-795-9709.

