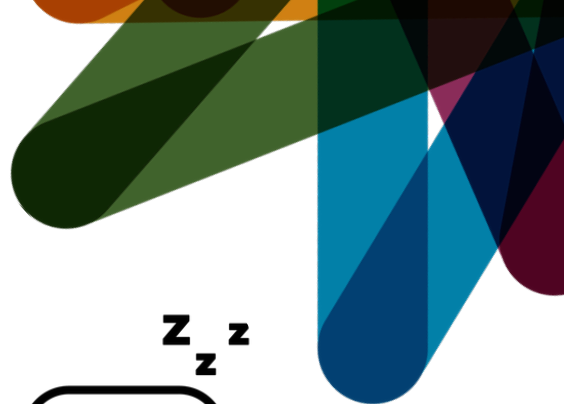




Waterloo Wellington
Self-Management Program

Your Journey to Balanced Living



Better Sleep

Free 5- week workshop to learn how to relax your mind and body

This workshop will help with:

- lifestyle factors influencing sleep architecture
- self-regulation strategies to help fall asleep, or back to sleep, more easily
- bedtime relaxation techniques

"Kathy was an excellent resource. She provided wonderful information and practical exercises"



UPCOMING WORKSHOP

Tuesdays

February 9- March 9, 2027

11:00am- 12:00pm

This program is being held virtually on Zoom. You must provide a valid email address to register. Spaces are limited.

Please note that this is a highly interactive workshop.

For more information or to register, visit www.wwselfmanagement.ca or call 1-866-337-3318

Family members and caregivers are welcome to register and attend.

www.wwselfmanagement.ca

