mecwacare

REGISTER YOUR INTEREST

Restful Nights, Energized Days:

A Workshop on

Better Sleep

Unlock the power of quality sleep!

Join us for an enlightening workshop dedicated to helping you achieve better sleep, to wake up feeling refreshed and revitalized. Discover the secrets to creating bedtime rituals that promote restful nights and energized days.

When	Wednesday, 12 June 2024 10am - 11:30am
Where	mecwacare Ballan Health and Care Training room
Cost	The workshop is free, and a morning tea will be provided at no cost.

For more information and to register, contact Louise Mayall (Advisor - Healthy Ageing)

E **Louise.Mayall@mecwacare.org.au**

T **03 5366 7934**   M   **0429 054 503**

What to Expect:

- Guidance on sleep science and hygiene
- Practical tips and techniques for improving sleep quality
- Interactive activities to develop personalized sleep routines
- Q&A session to address your sleep-related questions
- Connection with like-minded individuals on a journey to better sleep.

Who should Attend:

- Anyone struggling with sleep difficulties or insomnia
- Individuals seeking to enhance their sleep quality and overall wellbeing
- Those interested in learning about the importance of sleep for health and productivity.

Freecall **1800 163 292**   ·   **mecwacare.org.au**

Proudly a not-for-profit, non-denominational charitable organisation

Find us on (f) (ig) (in)

090424