

Does your mind race ?

*Does it take a long time to
fall asleep or back to sleep ?*

*Do hot flashes
disturb your sleep ?*



Better Sleep for MID - LIFE WOMEN

Peri-Menopausal Sleep Workshop

Monday, October 22

7:00—9:00 pm
Room 430 University Centre
University of Guelph

Fee: \$ 40
(\$ 20 for members of USW Local 4120)

For more information, or private training, visit www.SelfRegulationSkills.ca
or leave a message at the Stress Management Clinic 519 824-4120, ext. 52662

