

Better Sleep Program



begins **JAN 31**

to fall asleep (or back to sleep) more easily & get more energizing sleep

IN PERSON

Fridays, 12:30 - 1:30 pm,
in Room 334 University Centre,
University of Guelph

ON-LINE

at your own place & time,
weekly lessons e-mailed to you
beginning Jan 31

FEE : \$ 20.00 for U of G students (due to Student Health Services subsidy)
\$ 50.00 for members of United Steelworkers Local 4120 (due to Local 4120 subsidy)
\$ 100.00 for all others

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