Does your mind race?

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

Do hot flashes disturb your sleep?

Peri-Menopausal Sleep Workshop

Monday, February 25

7:00—9:00 pm
Room 334 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