Better Sleep Program

begins FEB 1

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

IN PERSON
Fridays, 12:30 – 1:30 pm, in Room 332 University Centre, University of Guelph

ON-LINE
at your own place & time, weekly lessons e-mailed to you beginning Feb 1

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.