

ADULT & FAMILY LEARNING



Online Sleep Workshops

- ✚ We sleep for a third of our lives
- ✚ We would not survive without it
- ✚ Sleep is just as important as diet & exercise

Are you or someone you know not getting enough sleep?

Would you like to improve your sleep?

Monthly interactive workshops for information and support relating to sleep problems, improving sleep quality & much more

Sleep Workshop for Parents/Carers
Looking at sleeping for children returning to school after the summer.

Wed 18th Aug
19.00 - 20.30

Sleep Workshops for Adults
Discussion, tips, advice, support.

Wed 22nd Sept
Wed 20th Oct
Wed 17th Nov
19.00 - 20.30

Please note: Completion of a [survey monkey](#) required before attending to ensure session can be tailored to your sleep needs.

