



a HealthyNS Program

FREE Online Class Building Better Sleep (2 week lunchtime series)

Do you wonder how you could get a better night's sleep? Sleep is vital to our physical health, mental health and overall wellbeing. Join us for a discussion about why we sleep, what impacts our sleep and discover other tips to get a better sleep. Get the same great content from our one week Building Better Sleep program, now split into two shorter, lunchtime sessions designed to fit your schedule.

Sign up today:

Visit: www.healthyNS.ca
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to register

