



Presents a workshop on

Sleep Therapy



**Are you having difficulty falling (and staying) asleep?
Are you taking a sleep medication on a regular basis?**

Attend a Sleep Therapy workshop presented by our **Pharmacist & Social Worker.**

Learn things you can do to improve your Sleep Health.

Thursday Sept 19, 2024 ~ 6-8pm. 2050 Weston Road

Snacks will be provided for all in person classes.

Call 416-740-2810 or 647-342-8266 to register.

Or register online @ hrfht.com