



Sleep

In this five week class, we will discuss the following:

- Sleep-related disorders and their treatment
- How sleep affects our physical and our mental health
- Importance of sleep and sleep hygiene practices
- Resources available to assist with sleep tracking and implementation of sleep hygiene practices



Class begins Tuesday, July 12th and will be held virtually over Zoom on Tuesdays from 4:30pm-5:30pm.

*Class will not meet Tuesday, July 26th.

Contact Nurse Taylor to sign up.

*The Right Door is a CARF Accredited member of Mid-State Health Network and the Ionia Chamber of Commerce.
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