



GET BETTER SLEEP GROUP



If you answer yes to any of these, this group is for you!
Are you lacking energy when you wake up in the morning?
Are you having trouble falling asleep at night?
Are you waking up a lot during the night?
Are you feeling like you need more sleep?

In this six week class, learn about:

- Sleep-related disorders and treatment
- How sleep affects our physical and our mental health
 - Why sleep matters and good sleep practices
- Ways to track our sleep and ways to improve our sleep habits

Class begins Tuesday, June 28th and will be held virtually over Zoom on Tuesdays from 4:30pm-5:30pm.

*Class will not meet Tuesday, July 26th.

*Last class is Tuesday, August 2nd.

Contact Nurse Taylor to sign up at 616.527.1790

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