



'Sweet Dreams; All About Sleep'

November 9 - 12:00PM – 1:00PM

Anderson Hall 100

Who: Dawn Filewych RN. CSE. PSGT, Registered BPRT

What: With over 80 specific sleep disorders, many of the disorders have INSOMNIA as the key or presenting symptom. This session will investigate this symptom and look for possible causes and possible solutions.

Let's investigate how to get a good night's sleep!

Hope to see you there!



A light lunch will be available.

[Register Online](#) or email: wellness@uleth.ca

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