

Every Tuesday 10am - 12pm

IMPROVING YOUR SLEEP

Our online workshop can help you to understand and manage your sleep better.

Join us for a live online workshop webinar for anyone who is experiencing problems with their sleep, regardless of age or physical health difficulties. During these challenging times, it's natural to be having difficulty getting to sleep, staying asleep and/or getting the quality of sleep we need. Research tells us that poor sleep can negatively affect both our mental and physical wellbeing and focusing on ways to look after this during the Coronavirus Pandemic is important. Why not join us for a one off evidence based workshop that can help you to understand and manage your sleep better.

This is a live online presentation, where you log in on your computer, phone or tablet. A clinician will present the workshop via webcam. You will not be seen by other attendees and you can ask questions to the facilitator in real time via a chat function that is private and not visible to the rest of the group

www.wellbeingnands.co.uk/suffolk/get-support/courses/