A close-up of a building

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City Cluster Counselling Service

FREE Sleep Hygiene Workshop

* This workshop is designed to educate participants on the best practices for achieving restful and restorative sleep.
* The workshop will cover the benefits of creating a tranquil sleep environment and practical tips will be shared.
* Interactive activities included guided relaxation techniques, such as progressive muscle relaxation and mindful breathing exercises.
* Attendees will be encouraged to share their personal challenges with sleep and receive personalised advice to help them overcome these obstacles.
* By the end of the workshop, participants will feel more empowered and equipped with effective strategies to improve their sleep hygiene.

11th September 2024   10-12pm

Online - Via Zoom

To book onto the workshop please:

Email [Admin@jaclewisfoundation.co.uk](mailto:Admin@jaclewisfoundation.co.uk)

Call or Text 03301336510