

YOU'RE INVITED

Sleep & Be Well

WORKSHOP



Effective natural strategies for better sleep

Presented by:

Dr. Lucinda Sykes

Medical Doctor & Mindfulness Teacher

DATE:

TUESDAY APRIL 29TH

TIME:

7:00-7:30pm SAC COUNCIL MEETING

7:30-8:45pm WORKSHOP

Light Refreshments & snacks will be served at 7:30pm (Beef or Vegetable Lasagna & Salad)

