

Sleep Hygiene Workshop

This workshop will help you to learn techniques to aid restful sleep.

Topics include:

- The relationship between mental health and sleep
- Medicated versus natural sleep
- How to help yourself to sleep well.

Start date: Thursday 17th October

Where: Mary Frances Trust, The Crescent, Leatherhead

Time: 10.00am- 1pm

Facilitator: Angie Muscio

This course is Free of Charge and is for clients registered with Mary Frances Trust.

Contact Mary Frances Trust- 01372 375400, text 07929 024722, or email: Info@maryfrancestrust.org.uk

To obtain a pin number then book online or by phone on **0300 303 3464** www.wea.org.uk course code: **C3744811**

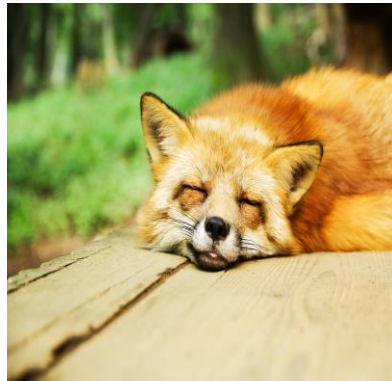


Education & Skills Funding Agency



European Union European Social Fund

The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).



Mary Frances Trust supports people to improve their emotional wellbeing through one to one support, courses, groups and activities designed to aid recovery