

# Sleep Well

## What can I expect to learn?

- The link between quality sleep and good health
- What normal and abnormal sleep patterns are
- To understand your sleep habits
- Tips to help you sleep better

## How many classes are there?

- 1 class for 2 hours

## How is this class being offered?

- Over Zoom

## Who can register for this class?

- Adults who are living in Alberta and will be in Alberta during the class

## How can I register for this class?

- Phone toll free 1-877-314-6997 or click here to view our online [class schedule](#)