

Sleep Habits



Do you still feel tired when you wake up in the morning? Join us to learn about:

- What can interfere with your sleep.
- Behaviours that are not helping your sleep.
- Ways to practice healthy sleep habits for better sleep.

Class Type	Date	Time	How to Register
Online	Monday, May 5	5:30 p.m. – 7:30 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Thursday, June 5	10:00 a.m. – 12:00 p.m.	1-866-506-6654 for Lethbridge and rural area 1-866-795-9709 for Brooks, Medicine Hat, and rural area Hosted by South Zone
	Wednesday, June 18	10:00 a.m. – 12:00 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Monday, June 23	1:00 p.m. – 3:00 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Thursday, August 7	10:00 a.m. – 12:00 p.m.	1-866-506-6654 for Lethbridge and rural area 1-866-795-9709 for Brooks, Medicine Hat, and rural area Hosted by South Zone

Call a registration number or click on “register online” for additional dates offered by that zone.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.



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