

# Moving You Towards Healthier Sleep

## What can I expect to learn?

- The importance of sleep and how it impacts your health and life
- To identify your current sleep status and challenges that you are experiencing
- The lifestyle changes that you can make in order to improve the quality and quantity of your sleep

## How many classes are there?

- 2 classes for 2 hours and 30 minutes each

## 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?

- For more information about class schedules or to register, phone toll free 1-866-506-6654 or 1-866-795-9709