



The Wellness Collaborative

Psychotherapy, yoga, psychiatry, leisure and nutrition. Working together for improved health.

147 Wyndham St N, Suites 403 & 405, Guelph, ON N1H 4E9
thewellnesscollaborative.com

Sweet Dreams

A workshop for better sleep

Explore the process & biology of sleep, as well as strategies to enhance sleep.

Gentle relaxation and movement to support better sleep.

Fee: \$40 – please pre-register.

Tuesday March 21, 2017

6:00 to 8:00 p.m.

147 Wyndham St.N., Suite 403

Facilitated by:

Susan Earl, RN

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&

Elisabeth Schramm, MSW RSW, Certified Yoga Teacher

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