



HOW'S YOUR SLEEP?

MONDAY JANUARY 29 | 1:30-2:30 PM

DELTA OAKS CLINIC

- Learn about your sleep cycles
- How does melatonin work?
- Why alcohol isn't a good sleep aid
- Tips to get a better night's sleep

Call Courtney Woodward, LPC

541-682-7465

***SEATS ARE LIMITED, CALL SOON to sign up**

