

A Good Night's Rest

This 90-minute workshop will focus on strategies for getting a good night's sleep.



MANSFIELD
COMMUNITY CENTER
Family, Fitness & Fun!

- Gain information on what is happening to your brain and body as you sleep.
- Learn about the sleep cycle and dream periods, and the benefits of good sleep to your mental and physical health.
- Address strategies for initiating and maintaining good sleep.
- Engage in a brief discussion of some of the most common sleep disorders.

Date: Wed., Sept. 22 Time: 6:15-7:45 p.m.

Fee: FREE to Members, \$10 for non-members

Activity #: 270091-B Pre-registration is required

REGISTER NOW AT
MANSFIELDCC.COM