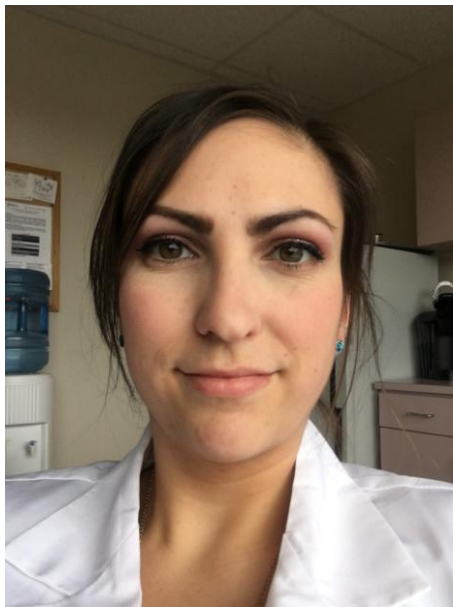


# **SLEEP YOUR WAY TO** **HEALTH!**

**Saturday March 30th, 2019**

**10:30 am**

**Lunch to Follow**



**Guest Speaker**

**Laura Woodhouse RRT**

**Atlantic Sleep Centre**

***To Be Presented At***

***Holy Trinity Church 2 Hammond River Rd.***

***Quispamsis, NB E2E 4Z8***

***Across from the Hammond River Cafe***

***<http://anglicanparishofhammondriver.ca>***

**CALL 647-8170 TO REGISTER**

**Sleep is key to maintaining overall health.**

**Join us for an informative presentation and lively discussion about normal sleep, sleep disorders and sleep hygiene!**

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**Guest speaker Laura Woodhouse is a Registered Respiratory Therapist and a Registered Polysomnography Technician at the Atlantic Sleep Centre.**

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**No Fee to attend, however a free will offering for mission projects would be appreciated.**

**Organized by the Parish of Hammond River Health Ministry Team.**