

REGULAR EVENTS

Sleep Clinics

9am - 1pm

Saturday 23rd June / Saturday 11th August

and Saturday 8th Sept

In your 40 minute private consultation, I will introduce you to practical and effective strategies to improve your sleep - ***without medication.***

Fee £10 Limited numbers so please call/text:

0796 7968821 to book your place

Sleep Well Courses

7.30pm - 9pm

Sleep Well Course starts **Wednesday 10th October**, for 5 weeks

Maximum 8 places.

Learn and apply the latest clinically tested strategies to bring refreshing and energising sleep without medication.

Reserve your place now by calling/texting Frances on **0796 796 8821**

Or contact by email: frances@sleepwell.today

