

*Does your mind race ?*

*Does it take a long time to  
fall asleep or back to sleep ?*

*Do hot flashes  
disturb your sleep ?*



# Better Sleep for MID - LIFE WOMEN

## Peri-Menopausal Sleep Workshop

**Monday, October 21**

7:00—9:00 pm

Room 332 University Centre

University of Guelph

Fee: \$ 40

(\$ 20 for members of USW Local 4120)



For more information, or private training, visit [www.SelfRegulationSkills.ca](http://www.SelfRegulationSkills.ca)  
or leave a message at the Stress Management Clinic 519 824-4120 ext. 52662