



Sleeping Better

9:30am - 4:00pm
Fridays, 6 & 13 Sept 2024
Melbourne, VIC
2 Day Program

Sleeping Better is an educational and skills based group program to help you manage disturbed sleep.

Topics include:

- information related to the sleep process and factors impacting on sleep
- learn ways to reduce or eliminate factors detrimental to sleep and to enhance those beneficial to sleep.

Who can attend:

Current and ex-serving ADF members, partners, adult children.

Registration closes: 21 August 2024



Find out more or register your interest by contacting Open Arms – Veterans and Families Counselling on **1800 011 046** or visit **www.openarms.gov.au**.