

Shifting Into Healthy Sleep

What you need
to do to get that
good night sleep



Getting enough Zzz's is not as easy as 1-2-3. Having a busy and stressful day can often carry into our sleep routine and result in a restless night's sleep.

Join this virtual Healthy Get-Together session where Clinical Expert Educator, Natalie Collings, will talk about how to tackle shift work and tips for good sleep hygiene. She will also explain how sleep affects the body and answer all your sleep-based questions.

Speaker: **Natalie Collings**
RRT/RPSGT, Clinical Expert Educator
- Ontario, Air Liquide Canada

Date: **Wednesday,
September 14, 2022**

Time: 12:00 - 12:30pm

Location: Online event via Webex

Meeting Link:

<https://bit.ly/HGTSept2022>

Meeting number: 2335 250 7152

Password: Health

healthy
GET-together

For more information or to receive the event link by email, contact **Samantha Morris** at Samantha.Morris@tbh.net



**Thunder Bay Regional
Health Sciences
Centre**

Prevention and Screening
Clinical Services

