



Kingston Community
Health Centres
Centres de santé
communautaire de Kingston

FREE FIVE-WEEK WORKSHOP

for adults experiencing difficulty falling asleep,
returning to sleep after waking, or waking too early.

BETTER SLEEP PROGRAM

Strategies to relax your mind and body, get more energizing sleep, and to
fall asleep or back to sleep more easily.

Join us online via Zoom

Workshop topics include:

- Learn key habits that improve sleep quality.
- Techniques to fall asleep and return to sleep more easily.
- Relaxation strategies to calm your mind and body.
- Ways to manage stress, worry, and a busy mind at bedtime.
- A personalized plan for lasting sleep improvements.

Register today

Online: kchc.ca/events/better-sleep-program-5-week-workshop-2/ or
Email: selfmanagement@kchc.ca



Space is limited. Workshop starts Oct. 14th 2026 12-1pm