

Wellness Series: Sleep



May 23, 2019
2:30 pm – 3:30 pm

Northfield

Three Links Care Center
815 Forest Avenue

To register, visit: <https://sleep-northfield5-23.eventbrite.com>

For more information, contact
Cat at 651-645-2948 ext. 127
or cgangi@namimn.org.



National Alliance on Mental Illness

MINNESOTA

1919 University Ave. W., Ste. 400

St. Paul, MN 55104

Phone: 1-651-645-2948

Toll Free: 1-888-626-4435

www.namimn.org

Description:

Join us to learn more about how our sleep can positively impact our day. The link between good sleep and mental well-being has been documented – we have learned that you cannot have one without the other.

Learn what you can do to improve your sleep pattern and support your mental health!

Hosted by:



NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.