

# Healthy Living: Sleeping Patterns & How to Sleep Better

A D-Well Workshop

Can't sleep well? Struggle with sleeping due to having too many things on your mind?

Want to learn better ways to get some sleep?



**1** In-Person Workshop:  
May 23, 2022  
4:30 - 5:30 pm

Central Coast Outreach Office  
36 Quail Run Circle, Unit #100-T  
Salinas, CA 93907

**AND**



Sleeping is my  
favorite  
pastime.

**2** Online Workshop:  
May 28, 2022  
4:00 - 5:00 pm



<https://us02web.zoom.us/j/81786537099>

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