



GETTING A GOOD NIGHT'S SLEEP

**ONE DAY WORKSHOP ON ZOOM
10AM - 11AM
WEDNESDAY MAY 20TH**

We all know how important a
good night's sleep can be

Learn tips specific foods and
nutrients to help you get a
better night's sleep

BOOKINGS ESSENTIAL

please email wilma@wilma.org.au



WILMA
Women's Health Centre

For any enquiries or if you need help using ZOOM
please call (02) **4627 2955**