

CENTRE 33 TALKS ABOUT: SLEEP ...zzzz

Do you have trouble getting to sleep? Or staying asleep?



Have you got into unhelpful habits that affect your sleep?

Do you have low energy during the day and just want to nap?



If you can relate to some of these problems, then we can help! Sign up below to get a copy of our sleep talks, and access to a live question and answer session.

In the talks we explore the importance of sleep, discuss the impact of routines, environments and mental health, and share lots of tips to make positive changes.

**TUESDAY 18TH
OCTOBER-**



We will email you recordings of the talks to watch in your own time over that week.

**TUESDAY 25TH
OCTOBER-**

Online question and answer session with our wellbeing practitioners, based on the content from the recordings- 5.30-6pm.

Free to access!

Suitable for anyone age 13-25

**HOW TO
SIGN UP:**

Scan the QR code with your phone's camera to get a link to register. Or go to the events page on our website -



You can join the Q&A anonymously - we ask everyone to use an anonymous name, and keep their cameras and microphones off.

www.centre33.org.uk/events