



The Steven A. Cohen
Military Family Clinic
at Easterseals



VIRTUAL SLEEP ENHANCEMENT GROUP

EVENT INFORMATION

Dates:

Friday, April 2, 2021
Friday, April 9, 2021
Friday, April 16, 2021
Friday, April 23, 2021

Time:

12:00pm - 1:00pm

Registration:

Please contact the Cohen Clinic at 240-847-7500 or info.mfc@eseal.org.

*Initial phone call and evaluation appointment required to enroll.

Join us for a 4-Session Virtual Sleep Enhancement Group! Recalibrate your sleep, learn healthy sleep habits and new methods to relax, increase daytime energy, improve health, and enhance overall wellness and performance.

For Individuals Experiencing:

- ▶ Difficulty falling asleep
- ▶ Difficulty staying asleep stress
- ▶ Stress interfering with their sleep
- ▶ Lying in bed worrying
- ▶ Feeling tired most of the day

★ **Open to All Clients (Veterans, Military Families & Caregivers)**