



The Steven A. Cohen
Military Family Clinic
at Easterseals



VIRTUAL SLEEP ENHANCEMENT GROUP

EVENT INFORMATION

Dates:

Friday, November 6, 2020
Friday, November 13, 2020
Friday, November 20, 2020
Friday, December 4, 2020

Time:

12:00pm - 1:00pm

Registration:

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

**Participants will receive an email with Zoom instructions after registering.*

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

★ **No Cost**

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