



Moving You Towards Healthier Sleep

This class is for anyone who wants to sleep better.

This class explores the importance of sleep and how it impacts our health and life. It focuses on lifestyle changes that you can make to improve quality and quantity of sleep.

Topics include:

- Current sleep status, identifying challenges
- Understanding sleep
- Strategies to improve sleep

Class Type	Date	Time	How to Register
2 hour Online Class	February 6	10:00 - 12:00	1-866-506-6654 (Lethbridge or rural) 1-866-795-9709 (Brooks, Medicine Hat, and rural area) Hosted by South Zone
	April 3		
	June 5		
	Aug 7		
	October 2		
	December 4		

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.



**Alberta Health
Services**

Alberta Healthy Living
Program