

Sunbeam Presents: Virtual Workshop on

Sleep Hygiene

Presenter: Denise Burke



This workshop will focus on common sleep issues and factors influencing sleep. Sleep is essential, influencing our biological, social and emotional needs. We will look at sleep as a skill, examining specifically how to support a healthy sleep environment and review evidence-based sleep strategies.



Monday
December 7, 2026
1 pm to 2 pm

Register by: December 4

Register online at
www.sdrc.ca/workshops-and-training/ or
Email: r.khanam@sunbeamcommunity.ca or
Call: 519-741-1121 ext. 2201