

To Sleep – Perchance Deeply....

Do you or someone you know struggle with getting a good night's sleep? Want to make some changes?

Wednesday, February 15, 2017
7:00pm – 9:00pm

At Beaumont Composite High School
\$35.00/person (subsidy supports are available)

To Register:

Phone: (780) 803-5501

Or use the registration button on our website at www.tacitknows.com

**Sleep issues
can often
lead to other
problems –
like**

**Anxiety,
Depression
and Stress.**

**Learn More
About the
Leading
Causes of
Sleep Issues
for All Ages**

and

**Develop
Effective
Strategies to
Get a Good
Night's Rest.**

**Adults and Teens are Welcome
to Attend**

Tacit Knowledge
Counselling and Professional
Development Services
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