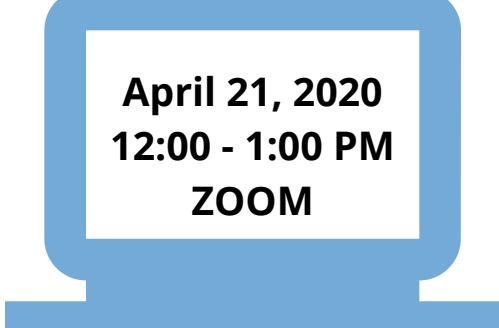


3 LIFESTYLE HABITS THAT ARE WRECKING YOUR SLEEP



Presenter:
Kali Patrick
Sleep Wellness Coach
A Journey to Health



April 21, 2020
12:00 - 1:00 PM
ZOOM

- Join us to learn:**
- **Why natural sleep remedies can actually make things worse**
 - **A reason for daytime fatigue that has little to do with your sleep**
 - **Why bedtime rituals and "sleep hygiene" techniques often fail to work**
 - **Why being "good" with your food all day could be backfiring**
 - **How to be "done" with your sleep & energy challenges**