



# ARTHRITIS REHABILITATION & EDUCATION PROGRAM



## FREE WORKSHOP HOW TO GET BETTER SLEEP WITH ARTHRITIS

People with arthritis often have challenges sleeping. This FREE interactive workshop, led by an Arthritis Society Social Worker and an Occupational Therapist, is designed as an introduction to learning to sleep better.

By attending this group session, you will learn:

- ▼ To identify the physical and emotional impacts related to sleep deprivation
- ▼ The barriers to getting quality sleep
- ▼ Strategies to improve duration and quality sleep

You will also receive resources to further assist with sleep wellness.

Date	Time	
Thursday, May 28 2020	2:00 pm – 4:00 pm	Virtually

**For more information or to register, please contact: 1-800-321-1433 ext. 3381**

**Pre-registration is required. Contact us today to register for this free session.**

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