



Sleep Well, Lose Fats

Sleep Better 101 Class

- Insomnia?
- Trouble falling asleep?
- Trouble staying asleep?
- Can't shut off the "hamster wheel of thoughts?"
- Waking all too frequently and can't get back to sleep?

Sleep is one of the healthiest ways to heal, and yet sometimes the hardest part of our day to make happen!

Join Certified Nutrition Therapy Practitioner and Nutrition Educator, Jodelle Fitzwater for this highly informative class and learn how getting more sleep can and will happen when you give the body the proper conditions. You will discover natural lifestyle practices as well as nutritional strategies to help fall asleep quicker, stay asleep longer, and sleep **BETTER** than a baby!

Location:

Kimberling Area Library Community Room

Wednesday, June 12th, 10am

FREE to attend. Everyone is welcome!