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FREE WORKSHOP FOR SENIORS
Co-Sponsored by the
Des Collines Seniors Roundtable



Table autonome des
AÎNÉS des Collines
Des Collines SENIORS' Roundtable

Get to Sleep Without Counting Sheep!

Saturday, November 18 from 10:00 am to 12:30 pm

at

Luskville Community Center
2024, road 148, Pontiac

Join us with guest facilitator **Véronique Bellemare Brière, M.A., N.D., S.E.S.**, as we learn about how to sleep naturally and share some useful tips and practical strategies to help with insomnia.



Resources will be available and refreshments will be served.

Please RSVP by November 15 by calling the Des Collines Seniors Roundtable at 819-457-9191 ext. 242.

819-777-3206 • info@centreconnexions.org