

# RESTORATIVE SLEEP

with



**JILL VROMAN**  
— FITNESS & WELLNESS

*for a healthier holiday life*



**Thursday, December 15**  
**7:00 PM to 8:00 PM**  
**on Zoom**



Back by popular demand! Join us for this holiday-themed virtual workshop over Zoom hosted by local resident Jill Vroman. Stress lives in our bodies, how can you shed it? Come and learn how to relax your body first, then learn to relax your mind. Learn when sleep is most potent and 5 takeaways for better sleep tonight! This workshop will have a particular focus on dealing with the stress of the holiday season and will provide skills to assist with seasonal affective disorder.

**Please register:**  
**[bit.ly/sblibsleep22](https://bit.ly/sblibsleep22)**

