

**Arts 4
Good
Health
courses**

SLEEP DIY

**Free - Connect - Skills
Wellbeing - Creativity**

No experience necessary
and all materials provided

Learn more about sleep
hygiene and create your
own natural sleep aids.

4 TUESDAY MORNINGS

18, 25 JANUARY &

1, 8 FEBRUARY 2022

10.30am-12.30pm

No93
