

Sleep well and be your best

SLEEP AND TECHNOLOGY WORKSHOP

WEDNESDAY 31 OCTOBER, 6-8PM

Lisa Maltman and Dr. Kristy Goodwin help parents and teens make good decisions about their sleep health while navigating our online world.

NBSC Cromer Campus
120 South Creek Road, Cromer



Free. 14 – 24 year olds and parents and carers. Bookings essential
KALOF.com.au

Any questions? 9970 1629 or
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