



Our Lady of Calvary

RETREAT CENTER

Overcoming Sleep Issues

March 4, 2023 @ 9:00 am - 1:30 pm \$40



A third of US adults report that they usually get less than the recommended amount of sleep. Not getting enough sleep is linked with many chronic diseases and conditions — such as type 2 diabetes, heart disease, obesity, and depression — that threaten our nation's health.

In this workshop, we will review the causes of sleep disturbance with recommendations for oil-infused products to help overcome sleep issues.

This is an upstairs Blue Room program limited to 15 participants.

Presenter: Alicia Clendennin MSN, RN – Certified Holistic Nurse / Nurse Health Coach

Please register using the form below or call Cathy in our office at (860) 677-8519 on Tuesdays or Thursdays.

Registration Form

Name _____

Address _____

City,State/Zip _____

Phone _____

Email _____

Program Name and Date _____

PAYMENT MUST BE MADE AT THE TIME OF REGISTRATION. PLEASE HELP US PLAN BY REGISTERING AT LEAST ONE WEEK IN ADVANCE

My \$40 offering is enclosed

Mail reservation and offering to **Our Lady of Calvary Retreat Center**

31 Colton Street, Farmington, CT 06032

Register online at www.OurLadyofCalvary.net