



Would you like to receive advice on how to establish a good sleep routine?

'SLEEP WORKSHOPS'

Hosted by Martha Callaghan, Special Schools Nurse

Sue Louth, Wellbeing In Mind Team

Wednesday 23 November 2022

11:00 a.m. to 12:00 p.m.

And

2:00 p.m. to 3:00 p.m.

Attendance can be either in person at Welburn Hall School

Or

Via Microsoft Teams

To book a place please contact the admin. team on 01751 431218

Or email admin@welburn-hall.n-yorks.sch.uk

Please advise which session you wish to attend and whether you wish to attend in person or join via Microsoft Teams