



Improving Sleep for Wellbeing

Free Webinar for Mental Health Awareness Week

Struggling to get a good night's sleep?...
Are you giving enough attention to your sleep routine?

Don't miss our upcoming webinar, where sleep expert, Ruth Troughton will share her knowledge about the importance of sleep for overall health and wellbeing. Learn proven strategies for optimising your sleep quality.

Register now to start your journey towards better sleep!

Thursday 21 September 2023, 7.00pm - 8.00pm
FREE • Online • Register at mherc.org.nz

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