

Restful Nights, Energized Days:

A Workshop on

Better Sleep

Unlock the power of
quality sleep!

Join us for an enlightening workshop dedicated to helping you achieve better sleep, to wake up feeling refreshed and revitalized. Discover the secrets to creating bedtime rituals that promote restful nights and energized days.

When Friday 20th June 2025
10am - 11:30am

Where Providence Retirement Village
7 Griffiths Street
Bacchus Marsh

Cost The workshop is free

Workshop held by our Accredited Mental Health Social Worker

For more information and to register, contact Louise Mayall (Advisor - Healthy Ageing)

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REGISTER
YOUR
INTEREST

What to Expect:

- Guidance on sleep science and hygiene
- Practical tips and techniques for improving sleep quality
- Interactive activities to develop personalized sleep routines
- Q&A session to address your sleep-related questions
- Connection with like-minded individuals on a journey to better sleep.

Who should Attend:

- Anyone struggling with sleep difficulties or insomnia
- Individuals seeking to enhance their sleep quality and overall wellbeing
- Those interested in learning about the importance of sleep for health and productivity.

Freecall 1800 163 292



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