

A Simple Way to Stay Healthy

Sleep Well, Live Well

The session focuses on:

- Why sleep matters
- How much sleep do we need
- Healthy sleep habits
- Food, Drinks & Sleep
- Stress & overthinking
- Exercise & sleep
- Common sleep problems
- Sleep & mental wellbeing

Date: Monday, October , 26, 2026

1:30 pm–3:00 pm

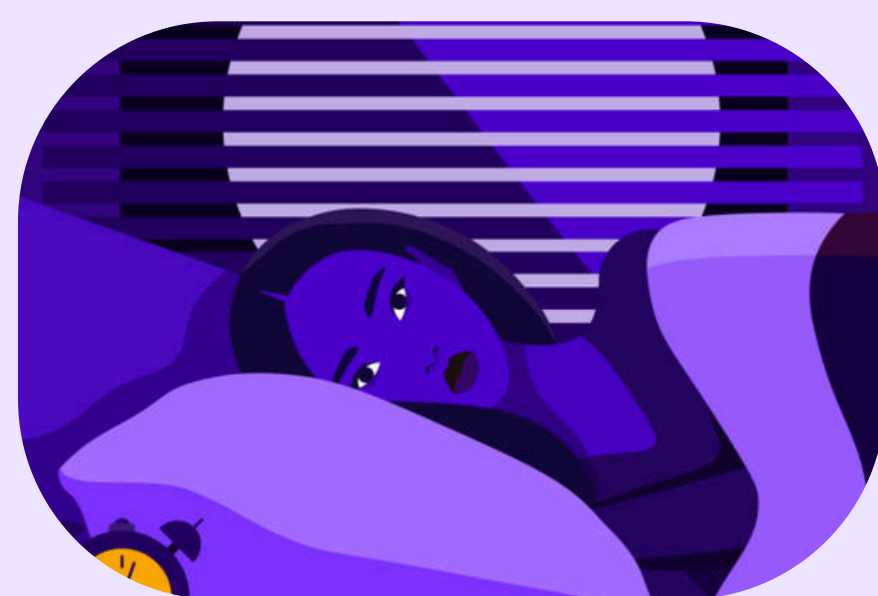
For registration, please follow the link or scan the barcode

<https://forms.cloud.microsoft/r/FuYTTtFnJT>



This session is for Newcomers

- **Permanent Residents (PR)**
- **Convention Refugees**



For more information

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