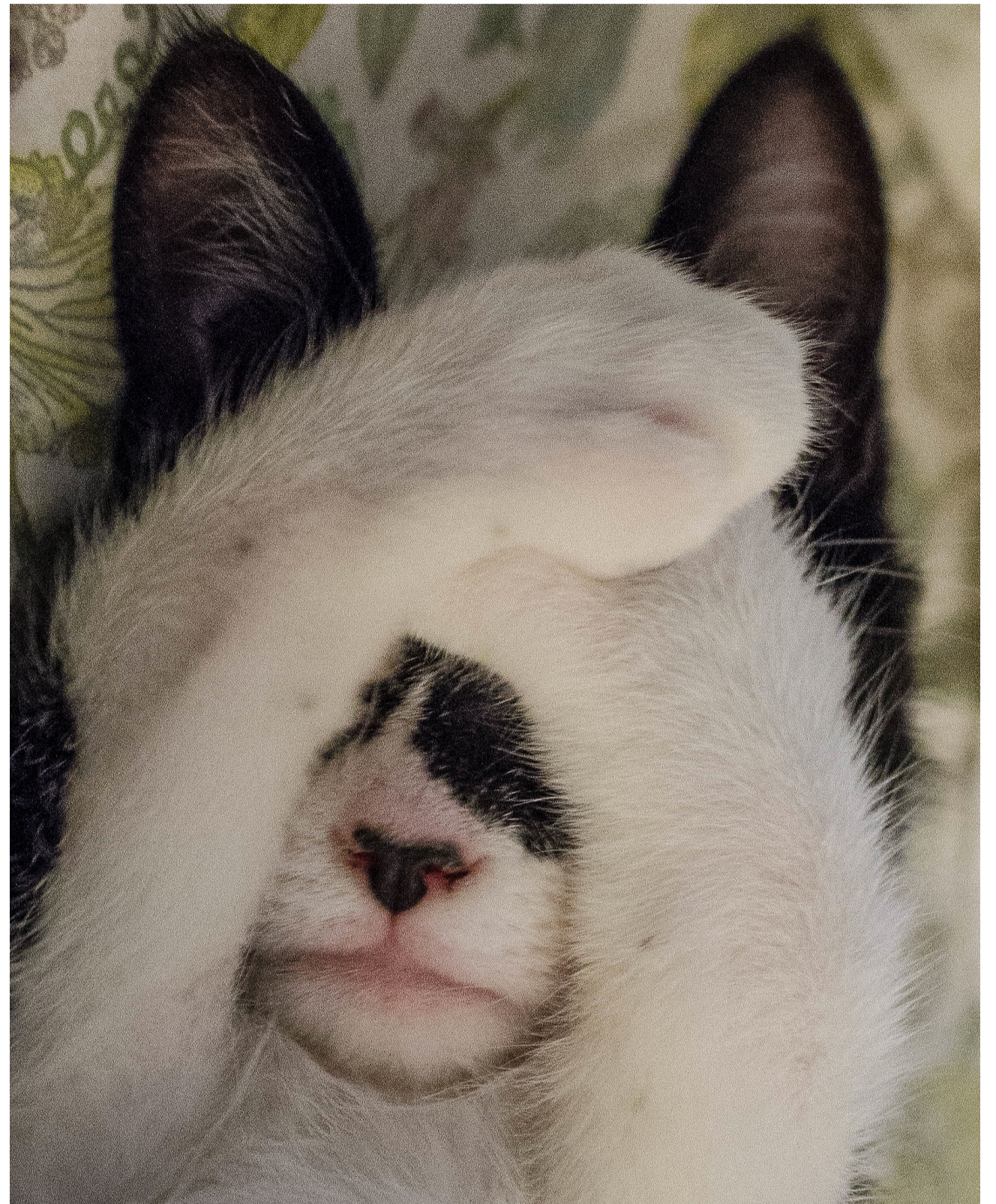




Are you dealing with ABI-related sleep and fatigue issues?

***How to get
better sleep
and boost
your energy***



Learn tips on developing a healthy sleep pattern can decrease your fatigue from naturopathic doctor Dr. Anne Hussaine, ND

Monday, February 22nd 6-8 p.m.
Northern District Library, Rm 200
40 Orchard View Blvd

1 block north of Eglinton, west side of Yonge

For more information, please contact our programs and services coordinator Kat Powell: connections@bist.ca or 647 990-1485