Sleep Better Now
Fall 2019

WELLNESS GROUPS
One-time and multi-session groups for students, led by professional healthcare providers.

Wednesdays
10:30am-11:30am
JDUC room 135

- Reduce time lying awake in bed worrying.
- Reduce number of times you awaken during the night.
- Increase nightly sleep duration.
- Increase the quality and satisfaction of sleep.

To register: queensu.ca/studentwellness