



Wellness Wednesdays: *Healthy Hints for Improved Sleep*

No matter your age, sleep is a vital (often neglected) component of every person's overall health and well-being. Did you know that when you sleep your body repairs, detoxes, makes hormones and more?

Adequate rest may also help you manage your weight, prevent heart disease, help to balance your blood



sugar, improve mood, strengthen your immune system and may aid in the prevention of Alzheimer's disease. Everyone feels better after a good night's sleep!

Join Shawn Nisbet for some healthy hints on improved sleep!

Shawn Nisbet is a registered holistic nutritionist, Master Nordic Pole Walking instructor, certified fitness consultant, cardiac technician and yoga teacher.

[Register here](#)

About us

York Support Services Network offers a range of developmental services and mental health programs throughout York Region and South Simcoe.

yssn.ca



Details

Date: October 6, 2021

Times: 7:00 p.m. to 8:00 p.m.

Location: Virtual (link will be provided after registration)

Who should attend:

Parents or caregivers of children or adults with a developmental disability.

Fee: Free admission

To register or for more information:

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Visit: yssn.ca/Events