**Wellbeing and Sleep**

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**A free two week course open to anyone registered with a GP practice in Keswick and Solway or in Eden. Sessions are approx. 2 hours each:2nd and 9th February 10-12 noon in the Board room at Penrith Hospital.**

Is lack of sleep affecting your daily life? This two-part workshop aims to:

* Develop participant understanding of sleep, such as why do we sleep and how many hours we need to function well.
* Explore problems, barriers and solutions to good quality sleep.
* Equip participants with tools and strategies for achieving good quality sleep such as: goal setting and strategies for change, keeping a sleep tracker, and mindfulness and relaxation techniques.

The course will be facilitated by one of our Wellbeing Activators and supported by one of our Living Well Coaches. We look forward to meeting you!

To register your interest you can book in one of the following ways:

1. **Inform the Living Well Coach in your GP Surgery**
2. **Search for “Eventbrite North Cumbria Wellbeing Service” on the internet to book online.**
3. **Contact Hazel Stewart on 07917265287**
4. **Contact the Wellbeing Team at** **wellbeing@ncic.nhs.uk**
5. **Use the scan square**