



Insomnia Education Class

Learn How to Improve Your Sleep

If you or someone you love struggles with insomnia, please join us to learn about the many options available to you, from lifestyle changes to behavioral health interventions to medical treatment. These classes are facilitated by a licensed clinical psychologist.

Sleep is important to your overall health, giving your body time to reset, repair and restore. Quality sleep is anti-inflammatory and can improve your mood, memory and energy level. Lack of sleep, interrupted sleep or poor quality sleep can lead to difficulty concentrating, irritability and fatigue, and can contribute to serious health problems such as obesity, diabetes, hypertension and cardiovascular disease.

St. Luke's Clinic - Lifestyle Medicine

Classes will be available online.

A link will be sent to you after your registration is complete.

Cost: \$10

Tuesdays at 2 p.m.

November 10

December 8



Space is limited and registration is required. Please RSVP at stlukesonline.org/classes or call 208-381-9000.