

# Sleep Hygiene - Mastermind Education Session

**WHEN** Wednesday, June 16th 2021  
1:00 PM – 2:00 PM

**WHERE** Online

**COST** Free

Our facilitator, Matt Milne, Rural Adversity Mental Health Coordinator, will lead a discussion on the importance of maintaining good sleep hygiene for mental health, and strategies for improving sleep quality.



Scan for [more information](#)  
and [registration details](#)