

# HEALTHY SLEEP FOR CHILDREN & FAMILIES

**Free  
Class**

Enjoy tea, treats and tools  
for establishing healthy sleep  
habits for your children.

Please join us for a morning of  
connecting with other parents while  
learning tools to allow families to find  
and keep a restful nights sleep.

**Wednesday, March 15th  
10-11am**

**Greenhouse Coffee Company**

1064 East Grand Ave. AG

This class will be led by Kerrin Edwards who owns Meet You In  
Dreamland. Kerrin has helped countless families work through  
challenges around sleep and reclaim a restful nights sleep.

**To Register:**

<https://healthy-sleep.eventbrite.com>

**Questions? Please email:**

[megan.scyc@gmail.com](mailto:megan.scyc@gmail.com)

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