



Whole Health Group Visits

A Focus on Sleep

Having trouble sleeping? Access Community Health Centers is starting a group focused on how to improve sleep.

By taking part in the **Focus on Sleep** group visit, you will have the opportunity to learn how your environment and lifestyle can impact your sleep.

You will learn a variety of skills that you can use in your daily life to develop healthy sleep habits.

The **Focus on Sleep** group visits are a three-class series, with each class building upon lessons from the previous class. Each class will take place from 2:30–4:30 p.m. at the Joyce and Marshall Erdman Clinic at 2202 S. Park Street in Madison on the following dates:

- **Tuesday, April 17**
- **Tuesday, April 24**
- **Tuesday, May 1**

Come get the support and help you need to reach your health goals! For more information or to participate in the **Focus on Sleep** group visit, call our Behavioral Health staff at (608) 443-5480.

