

# RESTORATIVE SLEEP

with



**JILL VROMAN**  
— FITNESS & WELLNESS

*for healthy life*

**Thursday, October 27**  
**7:00 PM to 8:00 PM**  
**on Zoom**



Join us for this virtual workshop over Zoom hosted by local resident Jill Vroman. Stress lives in our bodies, how can you shed it? Come and learn how to relax your body first, then learn to relax your mind. Learn when sleep is most potent and five takeaways for better sleep tonight!

**Please register:**  
**[bit.ly/sblibsleeeep](https://bit.ly/sblibsleeeep)**



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