



# *Healthy Sleep Habits*

## Parent Information Session

Rankin School of the Narrows

May 9th 5:30-7:30

Jessica will join us for a session on how to create healthy sleep habits at home and how to make bedtime a more positive experience!

RSVP: [rankin@gnspe.ca](mailto:rankin@gnspe.ca) OR 902-725-2210

*Jessica Levangie*  
SLEEP CONSULTING