



May 29

at *The Oasis in Kanata*

*A place for caregivers of
people with mental illness*

Caregivers and the Importance of Sleep

**Glen Cairn United Church
140 Abbeyhill Drive, Kanata
Monday, May 29, 7 pm
Free. All welcome.**

Dr. Gretchen Conrad, a Clinical and Health Psychologist with The Royal Ottawa Mental Health Centre, will discuss why obtaining adequate sleep is essential to staying healthy and functioning well.