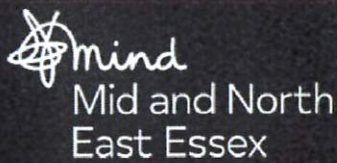




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\*Based on 977 evaluation responses  
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**The Mental  
Health Toolkit** ©

# Sleep Well, Work Well

An interactive 1.5 hour workshop that helps to raise awareness of the importance of sleeping well and how this can affect your work and home life.

**74%**

of attendees felt the workshop was a worthwhile investment of time\*

## Online Workshop Dates

**14 January 2025**

**09.30- 11.00**

**20 February 2025**

**09.30- 11.00**

**13 March 2025**

**09.30- 11.00**

To book, please visit  
[mnessexmind.org/training](https://mnessexmind.org/training),  
email [training@mnessexmind.org](mailto:training@mnessexmind.org) or  
call (01206) 764600

