

Sleep Deprivation, Insomnia & THE SOLUTION

Presented By: Dr. JoAnn Giesenhaus

**“When You Maximize Your Sleep Cycle, You
Create More ENERGY!”**

Thursday, 3-21-24 at 6:30 PM

Little Falls Public Library

8 Warren St., Little Falls



Call 973-837-6677 by 3-18-24 to register!