

Sleep Deprivation, Insomnia & THE SOLUTION

Presented By: Dr. JoAnn Giesenhaus

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

Thursday, 3-14-24 at 6:30 PM

Wayne YMCA

1 Pike Drive, Wayne, NJ



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