



**CenterWell Anderson**  
2001 East Greenville St.  
Anderson, SC 29621



Call Jaime at  
**864-322-3729** if  
you have any  
questions!

## Lunch & Learn: Better Sleep

**Tuesday, March 25, 2025**  
**11:00am**

Getting the right amount of high-quality sleep is important for keeping your body and mind healthy. Join us for a free lunch as we discover the steps we can take to get better rest. Together we can learn tips for a health routine at night to overcome your sleep challenges. You don't have to be a patient to attend, and there's no cost to join the class. Don't want to come alone? Bring a friend! Reserve your spot today.



**Scan the QR code with your  
smartphone camera and tap on  
the link that appears to register  
for this event!**

CenterWell does not discriminate on the basis of race, color, national origin, age, disability or sex.

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