



CenterWell Homeland Park
108 Hwy. 28 Bypass
Anderson, SC 29624



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

Lunch & Learn: Better Sleep

Thursday, March 13, 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.

GCHL4GZEN

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