



**CenterWell Seneca**  
366 Market St.  
Seneca, SC 29678



Call Kaylie at  
**864-903-6597** if  
you have any  
questions!

## Lunch & Learn: Better Sleep

**Thursday, March 27, 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!**

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