

# SLEEP BETTER, STRESS LESS

A workshop on what foods to eat and when to eat them, in order to achieve better sleep and reduce stress!

★ Tuesday, June 27th  
★ 6:00 - 8:00 PM

Located at  
Canyon Falls Clubhouse  
6950 Canyon Falls Drive  
Northlake, TX 76226

Register By  
Scanning the QR Code  
or visit  
[foodsavedme.com](http://foodsavedme.com)



Class is  
**FREE!**

## LEARN ABOUT:

★ How sleep can prevent Alzheimer's disease and facilitate weight loss

★ Which foods enhance sleep and sample tasty recipes

★ Alternative approaches to improved sleep & reduced stress

Class includes nutrition information, a beautiful recipe handout, and food samples.

