

## SLEEP AFTER LOSS

This session will explore why sleep is important, how it can change after a loss, and the ways to improve it

**Presented by: Dr. Michael Mak**

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**An ECHO Virtual Session:**

Open to Everyone Who Wants to Learn More

This session we will have a presentation with time for Q & A

### Session #7:



March 19th, 2024



12:00 PM - 1:00 PM PST

### 3 Ways to Register for Free:

1. <https://www.bc-cpc.ca/echo-project-new-home>
2. Scan the QR code
3. Email: [echo@bc-cpc.ca](mailto:echo@bc-cpc.ca)

