STEP FORWARD

TOWER HAMLETS EDUCATION WELLBEING SERVICE

During the Easter break THEWS are running an in-person workshop for young people (+11 years) on:

Sleep and Wellbeing

Learn about sleep, how important it is for overall wellbeing, what 'sleep hygiene' is and tips for getting a better night's sleep.

When? **Thursday 4th April at 2pm**

Where? **Step Forward,234 Bethnal Green Road, London, E2 0AA**