

SLEEPLESS IN SASKATCHEWAN

**FEATURING
JON SHEARER**

Sleep Specialist

“Sleepless in Saskatchewan” Workshops
have been scheduled for:

**Lloydminster
January 22nd**

**Swift Current
January 23rd**

**Melfort
January 24th**

**Estevan
February 7th**

**Yorkton
February 8th**

**Canwood
February 9th**

On November 7th, 2006 the Agricultural Health and Safety Network and the Farm Stress Unit launched the “Sleepless in Saskatchewan” tour featuring Jon Shearer, a sleep specialist. Jon’s entertaining style motivated participants to better understand sleep patterns and how to make sleep work more effectively for them.

Jon concentrates on sleep dynamics, reducing fatigue, managing shift work and extended hours.

Strongly supported by the Saskatchewan Association of Rural Municipalities, “Sleepless in Saskatchewan” will tour the province in January and February 2007.

Please contact the Agriculture Health and Safety Network at 966-6644 for details and registration.

Supported by your R.M.



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