

CAFÉ PSYCHOLOGIQUE

Conversations in the art of life...
talk, listen and share

Tuesday 27 November, 8 pm

SLEEP:

WHY WE NEED IT AND HOW TO GET IT

Emily Stanyer, Sleep Researcher,
University of Leeds

Hosted by Jacinta Kent
Group Therapist

SEVEN ARTS, CHAPEL ALLERTON, LS7 3PD
MONTHLY ON TUESDAY AT 8PM
£4 ON THE DOOR

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