



Take the
SLEEP BETTER
Challenge

I have been introducing a new wellness habit skill each week in the Mindfulness Self Care Series program. Did you know that the average adult should get between 7-9 hours of sleep each night? After a quick check, do you think that you average that amount of sleep? Take some time to download this package to explore sound meditations and helpful sleep routine hints. #physicalwellness #emotionalwellness #spiritualwellness #healthyhabits

[Sleep Better Challenge](#)