

SEPT 2020



HelpNet webinar

FIXING OUR BROKEN SLEEP

Learn techniques to overcome common sleep problems like trouble falling asleep, difficulty staying asleep, excessive thinking, waking too early, Sunday-night insomnia, shift-work difficulties and daytime sleepiness.

AVAILABLE ON DEMAND STARTING SEPTEMBER 1

To access Continuum's HelpNet, visit 4continuum.com and complete the member login at the top of the page. From HelpNet's home page, click the featured webinar of the month.

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