



SAVE THE DATE!

SLEEP CHAMPION TRAINING

Become a Sleep Champion and help create healthier, happier workplaces and communities.



THE BRIDGE
Portland Walk
Barrow in Furness



10AM – 4PM

CPD Accredited!



**FRIDAY 9TH
OCTOBER 2026**

REGISTER
YOUR
INTEREST

BY SCANNING
QR CODE



Are you an **Employer**,
Educator or work within
the **Community**?

FREE ONE OFF TRAINING!

Limited numbers –
register to save your space!



LEARN

Practical tools and
knowledge to support
better sleep and
wellbeing.



SUPPORT

Your colleagues,
community and
organisations.



MAKE A DIFFERENCE

Create positive change
and champion
better sleep.



MORE DETAILS COMING SOON – WATCH THIS SPACE!

Better sleep. Better health. Better together.

