Join Us To Celebrate World Sleep Day!

Did you know?

Insomnia affects between 30-45% of the adult population.

71,000 people suffer injuries every year due to sleep-related accidents.

46% of individuals with frequent sleep disturbances report missing work or events, or making errors at work compared to 15% of healthy sleepers.

Lack of sleep is related to many psychological conditions such as depression, anxiety and psychosis.

Sleep, like exercise and nutrition, is essential for metabolic regulation in children. There is evidence for a link between sleep duration and childhood obesity.

To learn more about sleep and its importance attend one of the following classes that Dr. Headlee is offering this week.

Wednesday, March 14th at 7:00pm

Learn it Live– from the comfort of your own home

https://www.learnitlive.com/invite/MichaelHeadlee

Cost: FREE

Or

Thursday, March 15th at 6:00pm

At Explore Chiropractic

Call 218-333-8811 to register

Cost: FREE

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