



OLS Outreach
CORPORATE & COMMUNITY

OLS Outreach delivers cutting-edge
programs to
Educate – Motivate – Maximize
the human potential.

Our goal is to give you the
tools and the confidence to **OPTIMIZE** your
own life experience.

OLS Corporate & Community Outreach 2026 Wellness Campaign

WORKSHOP 3: Restful Sleep, Part 1

This workshop is the first in a two part series. The primary focus of this presentation is all about learning how to sleep like a baby, again! Discover the mental and dietary aspects that allow you to obtain deep, relaxing sleep. This workshop gives attendees the tools and know how to achieve an optimal night's sleep. Restful sleep is a major component of abundant energy and of a vital healthy life.

Don't miss this powerful presentation!

Attendees will learn:

- Learn a few simple tools that quickly, effectively and immediately relax you to sleep.
- Be introduced to the techniques that will be utilized in the second of this two part series.

**Come join us and be a part of this very enlightening,
informative and highly interactive experience.**