



Intensive Family Support Services
Proudly Presents:

Emotional Resiliency through Sleep & Movement

Presented by: Cyndi Salemi, Nutritionist - Food for Mood



THURSDAY, SEPTEMBER 15, 2022
7:00 PM - 8:30 PM
VIA ZOOM

JOIN US TO LEARN ABOUT: ✨

- the importance of sleep & physical movement in effective emotional regulation
- how physical movement enhances your mental health
- tips for getting the most out of your sleep



REGISTRATION REQUIRED: email ifss@ccdom.org to RSVP