

# WNCPA PRESENTS

A Better Night's Sleep: A Brief

Introduction to CBT for Insomnia

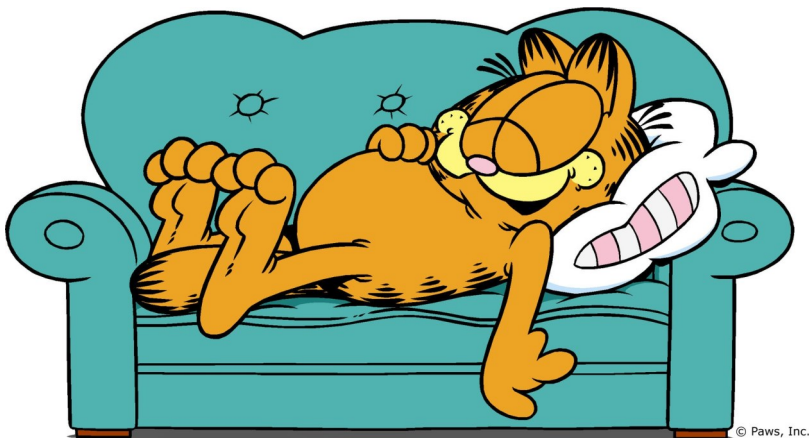
Erin Shadle, LCSW



**WNCPA MEETING: March 18, 2019**

**LOCATION: TBA**

*Dinner: Bring your own food. Program begins at 7:00 P.M. Plan to arrive & be eating before 7:00 so there will be no disruptions for the speaker.*



*Program qualifies for  
1 hour Category B*



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