



Join the Zoom webinar on

Why Sleep Matters: Clinic Role & Key Benefits

Saturday, 6th December, 2025 | 12:00 noon onwards

Struggling with sleep? Attend our Good Living Drive session, where our medical expert will walk you through the causes, solutions, and everyday habits for healthier sleep, ensuring you make informed choices. Followed by a live Q&A session.



Ms. Sheena Sood
Psychologist & Counsellor

Zoom Webinar ID: 982 5025 3645

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Registration is free but mandatory.

After registering, you will receive a confirmation email containing information about joining the webinar.