

August 11, 2025

Sleep Strategies for Every Stage of Life

CO-CHAIRS: **Marlee Boyle, BSc, RRT, CCSH**
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October 15, 2025

1:15 p.m. to 1:45 p.m.

Total CPD Hours = 30 m Professionalism P

Webcast

Law Society of Ontario

SKU CLE25-01001

Agenda

1:15 p.m. – 1:25 p.m. Overview of Sleep Across the Lifespan

1:25 p.m. – 1:45 p.m. Navigating Sleep Changes Over Time

1:45 p.m. Program Ends