

# HEALTHY DARWIN

## 2025-26 Wet Season Healthy Lifestyle Workshops & Short Courses

### Health Workshop Series - Sleep Well To Be Well

*How can you optimise your body, brain, and nervous system to power up your zzz's?*

This workshop will discuss the power of quality sleep and its effects on cellular rejuvenation and repair.

The circadian rhythm effectively helps you regenerate, heal, and repair while you sleep. But getting the right amount and quality of sleep is an ever-present challenge.

Transform your sleep and revitalise your life with this workshop, presented by Dr Jae (chiropractor).

**Wednesday 05 November** 6:00pm - 7:00pm  
**Chiropractic Life Casuarina**  
46 Vanderlin Drive, Casuarina

★ **Bookings required! Scan QR Code to book**  
Host: Chiropractic Life Casuarina  
W - [www.chiropracticlife.com.au](http://www.chiropracticlife.com.au)



**NO COST to attend!**

To find out more about this activity, contact the host directly.



**To find out more about Healthy Darwin:**  
Follow us on [Facebook](#)  
[healthydarwin@darwin.nt.gov.au](mailto:healthydarwin@darwin.nt.gov.au)  
08 8930 0300

  
**CHIROPRACTIC LIFE**  
CASUARINA

  
**CITY OF  
DARWIN**