

Northern Bar Annual CPD

Breaking the Cycle of Stress and Poor Sleep

Friday, June 11, 2021 | 1:00 p.m. - 2:00 p.m. | Video Webinar

REGISTRATION FORM

NAME

FIRM OR ORGANIZATION

PHONE

EMAIL

REGISTRATION FEE (includes electronic program materials)

Registrant
(Lawyer/Legal Staff)

\$85.00 + 4.25 (5%) GST = **\$89.25**

Student

\$42.50 + 2.13 (5%) GST = **\$44.63**

PAYMENT INFORMATION

NAME ON CARD

VISA / MASTERCARD / AMEX #

EXPIRY DATE

SIGNATURE

GST Registration No. 107604357

Total

Plus GST (5%)

Amount Due

MAKE CHEQUES PAYABLE TO:

THE LAW SOCIETY OF MANITOBA

CANCELLATIONS:

If you are unable to attend, please give as much notice as you can.

If you provide notice **5 working days** or more before the date of the program, a full refund will be issued. If less than 5 working days' notice is provided **NO** refund will be issued; however any materials will be sent to you. Registration for all programs is transferable to another eligible person.

INVOICES and RECEIPTS:

Invoices and receipts will NOT be provided unless specifically requested.

PROGRAM CHANGES:

We will make every effort to present the program as advertised but changes to speakers, content, dates and venue may be necessary.

VIDEO WEBINAR:

Registrants will receive an email prior to the day of the program with detailed instructions on how to connect for the web presentation.

MB MEMBERS:

This program may be reported for up to 1 hour of eligible CPD activity, and 1 hour of EPPM.

EMAIL, MAIL OR FAX THIS FORM TO:

The Law Society of Manitoba

200 - 260 St. Mary Ave

Winnipeg, MB, R3C 0M6

Ph: 204.926.2035 **Fax:** 204.956.0624

Email: cpd@lawsociety.mb.ca



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There is a time for many words, and there is also a time for sleep.

-Homer, The Odyssey

When juggling the demands of work life and home life, typically the first thing that we sacrifice is our sleep. Yet this lack of sleep, or getting poor quality sleep, can make it all the harder to juggle those demands. There is a detrimental effect on your physical and mental health, and also on the level of service that you are able to provide your clients. Hear from health care professionals with specialized training in this area whose presentation will focus on the following topics:

- Sleep 101: circadian rhythms, sleep cycles and sleep hygiene
- Addiction (potential cycle of uppers and downers)
- How sleep deprivation can present
- Mental health impacts
- Productivity: comparison of well rested vs. sleep deprived

Presenters from Sleep Culture:

Marlee Boyle, BSc., Registered Respiratory Therapist (RRT), Certified in Clinical Sleep Health (CCSH)

Leah Corkum, BA Psychology, Licensed Practical Nurse (LPN), Sleep Therapist (ST)

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