



Join us for our Virtual Adventures in Learning via Zoom. We are pleased to welcome Leila Forbes, Ph.D., **Thursday, March 11th at 10:00 A.M.**



Instructor Bio

Leila is a Licensed Psychologist with BASE Cognitive Behavioral. She earned her PhD from the University of North Carolina at Charlotte in Clinical Health Psychology. The discipline of Health Psychology is positioned at the intersection of body and mind. Leila uses cognitive and behavioral strategies to help individuals make changes in their brains that have long lasting effects on their lives. She specializes in the treatment of insomnia, anxiety, and management of chronic illness.

Course Description

This class will cover the essentials of sleep, what creates insomnia, and how to restore and repair your sleep. We will identify specific strategies to regulate your Circadian Rhythm and stress response system allowing you to get better quality sleep.

