

NEW PODCAST



— CONVERGE INTERNATIONAL

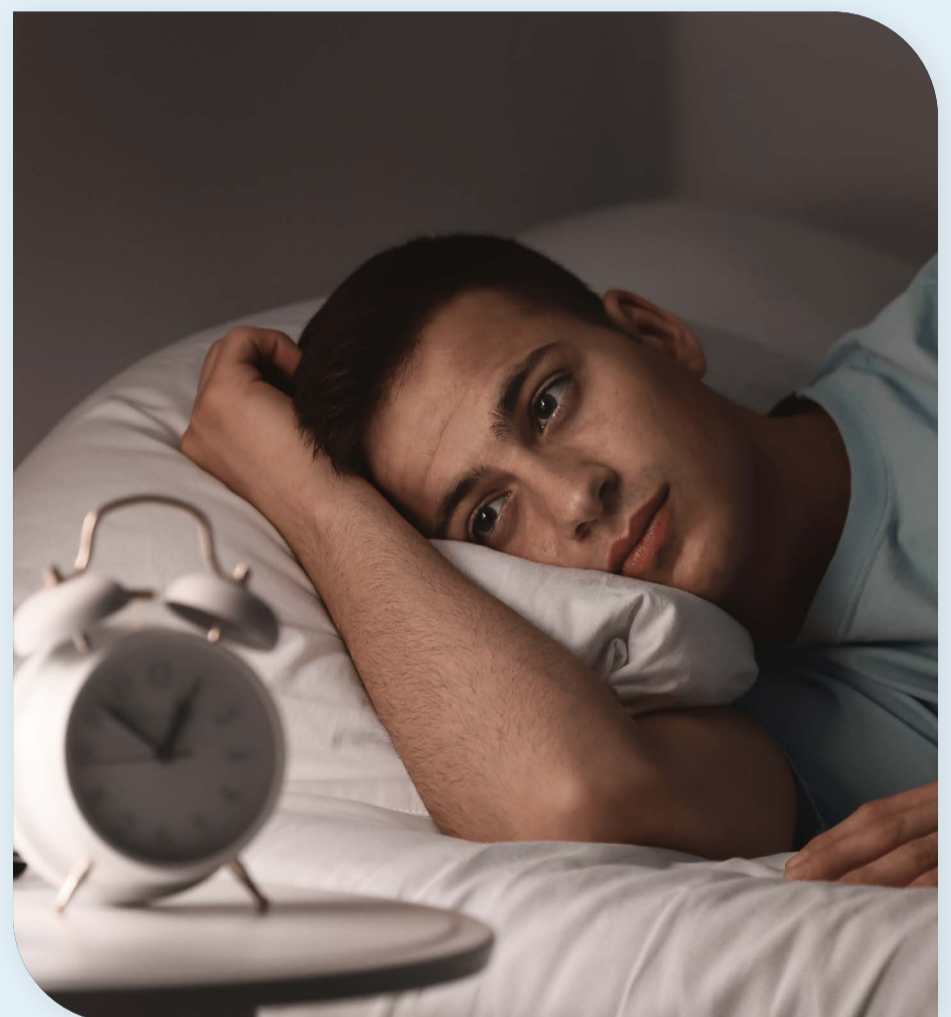
Getting better sleep

Are you a frontline worker, feeling tired and exhausted?

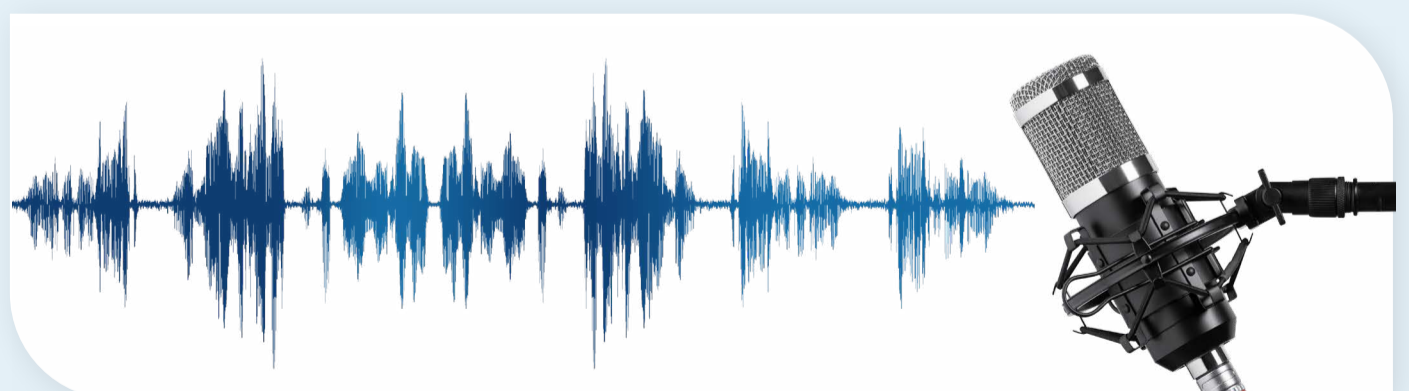
Hear from our Melissa Sadlo, Registered Psychologist and Clinical Manager at Converge International about things you can do to help get better sleep.

To develop a sleep plan just for you, so you wake rested to tackle the busiest of days, **make an appointment through Nutrition & Lifestyle Assist** with one of our sleep specialists.

All **free of charge** and part of your Employee Assistance Program.



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