

Let's Talk Sleep!

Are you ready for a *good night's sleep*?

All are welcome to join us for an Infant Sleep Workshop led by Ingrid Prueher, the renowned “Baby Sleep Whisperer”.

Wednesday, May 25, 2016
7:00 – 8:00 PM

The Baby Sleep Whisperer has worked with over 600+ sleepless families around the globe virtually, in-person, and at her practice in Westport, CT. We are excited to be bringing Ingrid's expertise to you in this convenient workshop, completely free of charge.

Together, we will:

- Learn the seven secrets to creating the right environment that is conducive to sleep for newborns, infants, and young children.
- Review the options for sleep training plans that fit your parenting philosophy.

Space is limited.

Kindly *RSVP* to swep@brighthorizons.com to reserve your seat.

Bright Horizons at South Westchester Executive Park
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