

YOU'VE BEEN SLEEPING WRONG ALL YOUR LIFE!

SLEEP
ELEVATED
BY Gardner's



It's more than a mattress.
**IT'S A LAUNCHPAD
FOR HAPPINESS!**

DISCOVER WHY AT OUR SLEEP ELEVATED SEMINAR

During this **FREE** seminar you'll learn

- The perils of why a "too firm" mattress can actually do more harm than good
- What your mother told you about correct posture and how you can use it to sleep better
- How you have used your pillow for years is wrong and what you need to know right now about how to fix it
- The cool down and warm up routine you must incorporate into your sleep routine
- Why sleeping flat is the single worst thing you can do to your body while sleeping The best part is you'll leave with helpful tips you can try that night!

It's FREE to attend but sign-ups are required.



All seminars are held in Studio 2 @ Universal Athletic Club.

Scan the QR code for seminar times and to sign up.

Or visit GardnersMattressAndMore.com/seminar for times and to sign up.

(717) 299-6228

 GardnersMattressAndMore.com