



— **C E R T Y F I K A T** —

Patrycja Ławrynowicz

has participated in the training entitled

EFFECTIVE SLEEP IN PRACTICE

and passed the final test confirming the acquired knowledge.

The training was conducted by Paweł Szewczyk and covered theoretical and practical issues related to hygiene and monitoring quality of sleep and interaction between sleep, diet and supplementatio.

• Otwock, 01 / 03 / 2024 •

Paweł Szewczyk