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333 Route 46 West - Fairfield, NJ 07004 (Fairfield Business Center - Building A, Suite # 255)

**INNER SPIRITUAL CENTER PRESENTS A FUNDRAISER FOR ISC BY
REV. SUSAN D'ADDARIO, CERTIFIED SLEEP SCIENCE COACH**

Improvin' Your Snoozin' with Susan



October 26, 2025 12:30pm – 2:00pm (Eastern Time)

In person or via Zoom - \$25.00

We all know some people, maybe even ourselves, who struggle to get a good night's sleep. Have you experienced the feeling of exhaustion, being short with family and friends, or can barely keep from nodding off during the day? Many have tried to get help, including taking pills, which can be hard to stop or buying the newest sleep device that promises you more than it delivers.

If you can say **YES** to any of the above, then come join us for what promises to be a riveting class with Certified Sleep Coach, Rev. Susan D'Addario. Susan will cover proven, non-addictive methods to sleep better quickly. You will walk away with newfound knowledge that can start you on your journey to getting back to sleep again and feeling great all day long!

This is a fundraiser for the Inner Spiritual Center, so bring yourself, a friend, a neighbor, a family member or anyone you know having sleep issues. A win for them and a win for ISC.

BIO: For over twenty-five years, Sleep Coach, Consultant, Speaker and Author, Minister, and former LCSW, Rev. Susan D'Addario, Founder of Back-To-Sleep, has been transforming the lives of thousands of people. Susan has worked as an LCSW for 24 years supporting people in her private psychotherapy practice to work through challenging issues to bring about positive change and growth in their personal lives and careers. Susan is also a Certified Mind, Body, Eating Coach, as well as a licensed HeartMath Certified Coach for Personal Resilience and combines those modalities and expertise into her sleep practice. Approximately 3 years ago, Susan became a Certified Sleep Science Coach through the Spencer Institute. In this role, Susan provides sleep coaching to individuals, couples and families in her private practice, Back-To-Sleep. She has also worked as an independent Sleep Specialist for a variety of companies including BetterUp Coaching, 8 Sleep and Mixx Studio. Susan has written many sleep articles, several of which have been published in the Alaska Sleep Clinic and Online Mattress Review. She continues to write sleep articles for her quarterly newsletter, Get Back-To-Sleep. Finally, Susan has spoken on the topic of sleep to companies and organizations including Christopher Street Financial, OutProfessionals, Emerge 212, RWA, Business Network International and NYC Women's Bar Association.