

**Please join us for
a special webinar**



Get a Great Night's Sleep! Successful Tips and Tricks

Are you tired of tossing and turning at night? Technology, fast-paced lives, and stress can negatively impact the ability to get a good night's sleep. In this interactive workshop, you'll learn simple steps and strategies to turn restless nights into restorative sleep. In no time, waking up refreshed and energized will be the norm.



Topics to be covered:

- The 24-hour sleep plan
- 7 Tips for 24 hours
- Sleep tricks for a good night's rest!

Time: (include time zone)

Date:

Presenter: Health Advocate EAP