

HARD TO SLEEP? WE HAVE MANY TIPS TO GET A GOOD NIGHT'S SLEEP  
W SHUHS WELLNESS  
PRESENTS

# SLEEP WORKSHOP

THURSDAY, MARCH 23RD

6:30 PM  
ON ZOOM



WHY SLEEP IS  
IMPORTANT



HOW MUCH SLEEP  
DO WE NEED?

HOW TO  
IMPROVE YOUR SLEEP



GOOD SLEEP  
HYGIENE



WHAT TO AVOID  
BEFORE BEDTIME

CLICK HERE



JOIN ZOOM MEETING:

[HTTPS://HARTDISTRICT-  
ORG.ZOOM.US/J/85026586615?](https://hartdistrict-org.zoom.us/j/85026586615?pwd=EWVINTFEMMWVUKPNV2LZQ2DRWKHLQT09)  
PWD=EWVINTFEMMWVUKPNV2LZQ2DRWKHLQT09