GETTING GOOD SLEEP

NOV 1ST 2-3:30 PM

FREE WORKSHOP!
FALL 2023

Learn:

- How to follow your Circadian Rhythm and how to keep sleep stressors under control
- Importance of establishing a sleep routine
- How diet, exercise, and electronics before bed can affect your sleep

Sign Up Now!! Students can attend for FREE!

Email tholland1@unm.edu to register by selecting which workshop you want to attend!