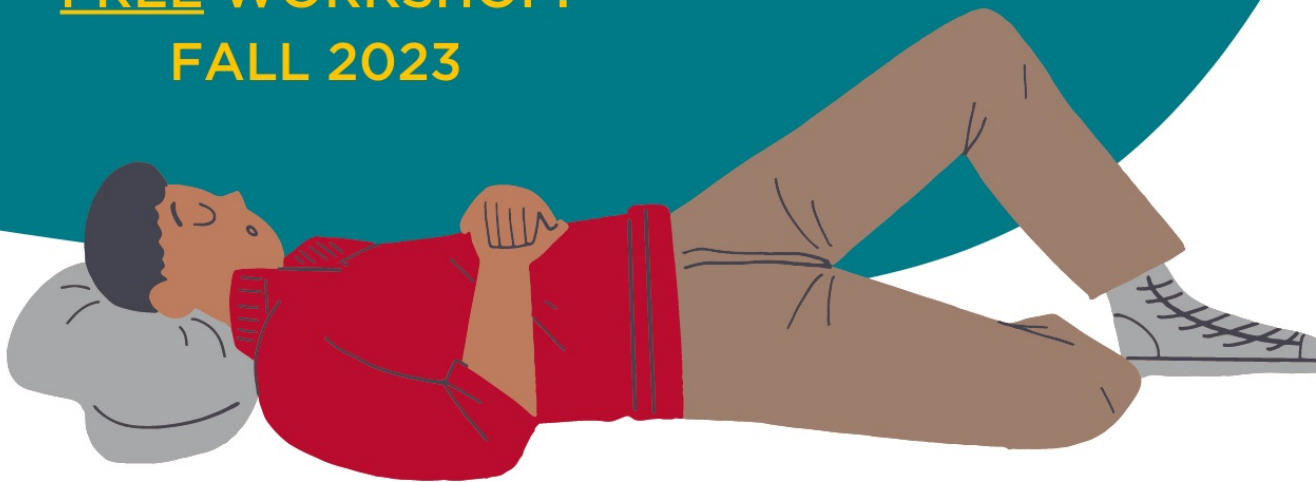


GETTING GOOD SLEEP

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*

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STUDENT HEALTH
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Email tholland1@unm.edu to register by selecting
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