

Women's Health Program
brings you

FREE MINI SLEEP HYGIENE WORKSHOP

- Do you tend to lose sleep before or during your menstrual cycle?
- Do you want some insight on how to cope with your sleeping patterns?
 - Did you know that stress and anxiety could interrupt your sleeping patterns?

Join us for free pizza
and an informative
session on how to
maintain a healthy
sleep schedule!

FRIDAY, MARCH 11TH

12 PM-1PM

WRC GROUP ROOM



Call and reserve your spot! (505)277-3716

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