

In this workshop,
participants will:

- Learn about healthy sleep and the consequences of poor sleep.
- Review the sleep cycle.
- Determine how to get better sleep with stimulus control and proper sleep hygiene.
- Practice relaxation techniques.

emotional health & wellbeing

Sleep Your Way to Better Health

When: Thursday, September 29, 2022
12:00 pm to 1:00 pm

Virtual Event: Join via computer or mobile device at:

<https://event.on24.com/wcc/r/3874947/B24742A2F64864809C5B8929A5C16012>

- Registration is now available and will remain open through the end of the event.
- Participants must use Google Chrome or Microsoft Edge to join the session – webinar will not work in Internet Explorer.
- Participants can register and join the workshop via computer or mobile device using the link provided, no apps or plugins are required.

Facilitated by: Anjuli Dasika, MPH, CHES®

Workshop contact: Damiana Garcia, Damiana.Garcia@sanjoseca.gov

All employees are welcome!