

PURDUE
UNIVERSITY®

Extension - Health and
Human Sciences



SLEEP ON IT: WHY SLEEP MATTERS

Just in time for "Fall Back":

**Learn about the BENEFITS of sleep,
RISKS of poor sleep, BARRIERS to quality sleep,
and TIPS to improve sleep quality**

TUESDAY NOV. 1ST 2022

12:00-12:50PM CST ON ZOOM

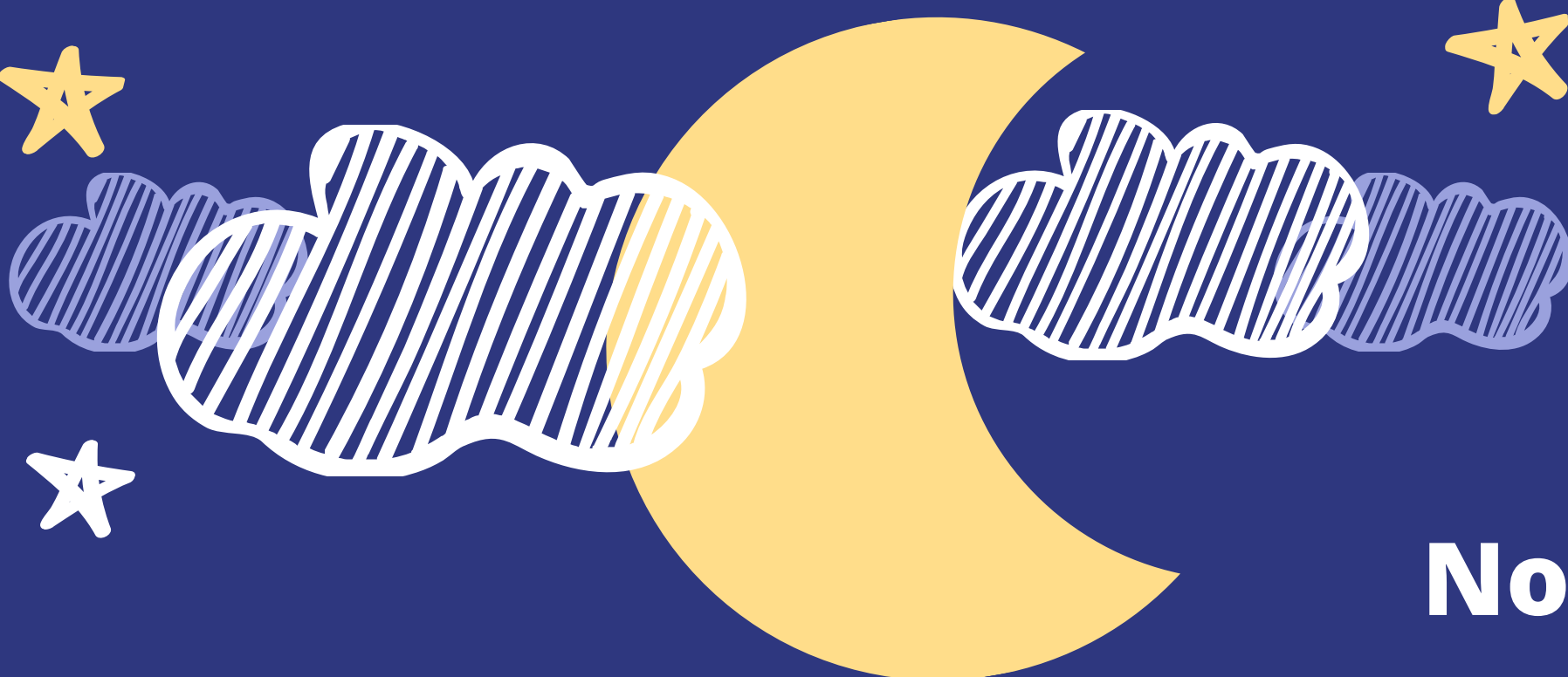
PRE-REGISTER TO OBTAIN THE ZOOM LINK:

<https://bit.ly/SleepWebinarNov1>



**For additional information and/or to request any
accommodations, contact Extension Educator Jo Gilreath**

812.897.6100 or jgilreat@purdue.edu



No Cost!