SLEEP WORKSHOP
Sponsored by EHS-PTSA & LeanIn1220.org

TUESDAY, SEPTEMBER 24th 2019 @ 6 PM

EVERGREEN HIGH SCHOOL
29300 Buffalo Park Rd, Evergreen, CO 80439

SLEEP PROBLEMS?
Sleep is a complex process that restores and renews our bodies. Good sleep habits will optimize this process for our physical and emotional well-being. The LeanIn1220.org group will help us understand the importance of sleep habits, sleep hygiene, diet and exercise to create a path of healthy restoration and sound sleep for years to come.

DATE & TIME: Tuesday, September 24th at 6PM.
PLACE: Evergreen High School Library.