



# Give yourself a healthy boost and earn 50 SmartHealth points!\*

## Healthy Sleep

**Date:** March 3, 2021

**Join online** [HERE](#)

**To join by phone, dial** 408-418-9388

**For questions, contact:** Emily Roberts, [emilyr@wfse.org](mailto:emilyr@wfse.org)

**Time:** 12:00pm to 1:00pm

**Password:** Thrive123

**Access code:** 177 563 1184

**Healthy Sleep:** New research is helping us understand the connection between quality sleep and overall health and well-being. In this workshop participants will learn simple and effective tools to improve their ability to rest, relax, and sleep.

\*To complete this activity, please register for and attend at least one of the webinars in the series: Stress Management, presented by Kaiser Permanente quarterly, starting March 3, 2021 with the Healthy Sleep Webinar.

**At no cost to employees | For questions, contact Emily Roberts at [emilyr@wfse.org](mailto:emilyr@wfse.org)**

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