Sleep is a basic necessity of life, as important as air, food, and water. It determines if we wake up feeling refreshed, alert, and ready for the day, or if our jobs, relationships, health, and safety will suffer. This seminar will cover the basics of the sleep process, and how sleep affects your health goals. You will leave with practical sleep tips and relaxation techniques you can use to get a better night's sleep.

Come find out...
• Why sleep is important
• How much sleep you need
• Tips for better sleep

“Sleep is the investment in the energy you need to be effective tomorrow.”

-Tom Rath,
Author, StrengthsFinder 2.0