

# Learn to Live *Unmasking the Secrets to a Better Night's Sleep*

## Webinar Recording & Raffle

### March 1st– March 31st

Earn a chance to win **one of two \$50 Amazon gift cards** by viewing the webinar *Unmasking the Secret's to a Better Night's Sleep* presented by the [Learn to Live](#) clinical team. Watch at your convenience from your phone, laptop, tablet, computer!

**Webinar Description:** How does the amount or quality of sleep that you get affect you? You may be surprised by the far-reaching impact that the lack of sleep can have on our lives. But rest assured, Learn to Live has gathered some very practical ways you can improve your sleep, starting tonight.

#### How it works:

- Between March 1st and March 31st watch the webinar by clicking on the link below. When registering, the email address you provide will be used to track your attendance and prize eligibility. Employees, retirees and dependents from Mayflower Municipal Health Group member units are eligible to win raffle prizes.
- You'll receive one raffle entry for viewing the recording. Gift card winners will be notified by email on April 8, 2024. Contact [wellness@mmhg.org](mailto:wellness@mmhg.org) with any questions.

Click [HERE](#) to View Webinar

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**est for life.**

When you're missing Zzzs it's  
hard to feel your best.

Better sleep is just a **click** away.

Whether you have trouble falling asleep, staying asleep or  
getting back to sleep, Learn to Live has the proven tools to  
show you how to welcome sleep back into your life.

 **learntolive**

