MMHG Wellness Presents:

FREE "Lunch & Learn" WEBINAR:

Sleep Tight Tonight

Wednesday, April 8, 2020

12:00– 1:00 P.M.

Attend this webinar from your computer, tablet, or smartphone!

Participants will be entered in a raffle to win a $25 gift card!

Sleep is required for optimal health, but at least 40% of people don't get enough. Sleep rejuvenates the body's ability to function properly, almost like recharging a battery. This seminar explains how much sleep is needed to function optimally and why it's so vital for health. It also teaches simple and effective tips and tricks to improve sleep quality.

It's Easy to Register:

Click HERE or go to this link:

https://attendee.gotowebinar.com/register/8304619422308365068

After registering you will receive a confirmation email containing important information about the webinar and how to join via your personal computer or mobile device.

This webinar is free and open to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees & dependents.