

HP Living Well at Home/ MMHG Wellness FREE Webinar

# Healthy Sleep Habits

**Wednesday, May 29th**

**1:00– 1:30 p.m.**

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



The importance of sleep should be a priority as proper sleep hygiene can impact one's ability to manage stress and time, defeat weight gain, and reduce the risk of some illnesses. Most Americans get less than the recommended 7-8 hours per night and suffer the consequences each day. This session helps participants understand the importance of sleep and how they may be able to fit in the recommended amount.

**No need to register in advance. Join the virtual workshop by clicking on the “Join this Session” link for the webinar at the Harvard Pilgrim Living Well at Home with Virtual Classes Website on 5/29 at 1:00 PM**

**<https://www.harvardpilgrim.org/myoptions/living-well-at-home-with-virtual-wellness-classes/>**

**You will be able to access this webinar immediately if you have Zoom downloaded on your device. If you have not downloaded Zoom, this link will take you to Zoom's home page to download this tool.**

**This webinar is free and open to all.**

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