



Better Sleep for Better Health



NEW MEXICO



New Mexico
Public Schools
Insurance Authority

We will learn about:

- Amount of Sleep Needed
- Importance of Quality Sleep
- Common Sleep Disorders
- Tips for Better Sleep

Get Your Zzzz's!

*Please
join us!*

Date: April 26, 2022

Time: 3:30-4:15PM

Location: Virtual (Teams)

Registration Link: [CLICK](#)

