

THE COSW HEALTH AND WELLNESS COMMITTEE PRESENTS:

GOOD SLEEP IS A REACHABLE DREAM



Join us, as Angela Zanardelli, Associate Director of the Study Skills Academy discusses the impact sleep has on the brain and ways you can get a better night sleep!

MONDAY, MARCH 21, 2022
1-2PM



MEETING ID: 922 0373 4198
PASSCODE: 728086

**ATTEND TO BE
ENTERED IN A
DRAWING FOR A
GIFT CARD!**