



FREE
VIRTUAL
WORKSHOP



LUNCH N' LEARN GETTING A GOOD NIGHT SLEEP

JOIN US FOR THIS WORKSHOP TO LEARN ABOUT "GETTING A GOOD NIGHT SLEEP". WE WILL DISCUSS HOW YOUR ROUTINE CAN AFFECT YOUR GOOD NIGHT'S SLEEP, WHY SLEEP IS SO IMPORTANT TO YOUR HEALTH, AND HOW TO DEVELOP GOOD SLEEPING HABITS.

TUESDAY, JUNE 21 AT 12:00PM
REGISTER FOR FREE AT
[GO.NCSU.EDU/FCSREGISTRATION](https://go.ncsu.edu/fcsregistration)

