



# HEALTHY SLEEP

## TUESDAY FEBRUARY, 28<sup>TH</sup> 2017

### **Presented by Kaiser Permanente**

Do you have trouble sleeping? Do you know how much sleep you should be getting? Are you interested in learning how to improve your sleep? Healthy Sleep is a presentation given by Kaiser Permanente. Come and learn the many ways in which you can improve your sleep.

**Where:**  
**Activity Room**

---

**What Time:**  
**10:30am-11:30am**

---

**No RSVP required!**

---

**Come and learn how  
to improve your  
sleep!**

---

