

Sleep: Why We Need it and How to Get it

presented by Christine E. Spadola, Ph.D., M.S.,
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Sandler School of Social Work

2 – 3 p.m.
Thursday, Aug. 15

400 NW 2nd Ave.
Boca Raton, FL 33432



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RESEARCH IN ACTION



Did you know that sleep underlies
all aspects of physical and mental
well-being?

Join Christine Spadola, Ph.D.,
as she uncovers everything
you need to know about:

- The science of sleep.
- Recommended sleep duration.
- Modifiable behaviors that can improve your sleep.

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