



## Got Sleep?

**Come Join us for a Getting Better Sleep Seminar**

Presented by Heidi Vigil, MS, from The Solutions Group.

October 19, 2016

City Council Chambers

12:00pm-1:00pm

Learn techniques that will help you catch some ZZZs.

*Benefits of sleep:*

- Think Clearer
- Reduce Stress
- Maintain Healthy Weight



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