WELLNESS WORKSHOP: SLEEPING FOR SUCCESS

February 22, 2018

Not getting a good night's rest? Afraid poor sleep is hindering your everyday life? This workshop is developed to help graduate students better understand the role of sleep in their everyday lives. It will equip you with powerful sleep tips and knowledge to make the most of a good night's rest.

WILL EVANS
Assistant Director Health and Wellness Co-Rec

Register Today at:
https://ias.itap.purdue.edu/rgs/wgb_workshop.disp_online_workshop