Sweet Dreams: The Benefits of Sleep

Do you struggle to fall and stay asleep? Do you wake up feeling like you’ve hardly slept at all? Sleep deprivation has been linked to weight gain and other health problems. Find out how much sleep you need, why you need it, and how to get more (and better) sleep.

Choose a session and register today!

**Date & Time**
Wednesday September 21, 2022
Noon - 12:45 PM

[Register here]

**Date & Time**
Thursday September 29, 2022
11:30 AM - 12:15 PM

[Register here]

Can't attend this live webinar?
[Click here to watch recorded webinars at your convenience.]
Recordings will be available within 5 business days from the first webinar date.

**Additional information for City and County of Honolulu employees:** The information provided in this flyer is from the EUTF. City computers may be used to participate in EUTF webinars. Participation is voluntary and is to be done on the employee's own time.