

# FEBRUARY

## 14 The Importance of Sleep

**monday** Hosted by: **Office of Care & Civility & Dr. Roane**

Join Dr. Brandy Roane as she answers questions about sleep! Learn answers to questions such as how to know if you're getting the optimal amount of sleep, whether dreams are good or bad for health, what role genetics play in sleep problems, and more!

Time: **12:00 pm to 1:00 pm**

Location: **Zoom**

HSC Wellbeing Domain: **Navigating Individual Needs**

**BE | WELL**  
**WEEK**



**TO RSVP:**

