



# Give yourself a healthy boost

## Take a convenient online class

### Why Sleep Matters

**Date:** June 30, 2022 | **Time:** 12:00pm – 1:00pm

**Join via computer or mobile device at:**

<https://event.on24.com/wcc/r/3723839/997CB8A5268F51AAD5FD43FCA3297E11>

Registration is now available and will remain open through the end of the event.

For support, [click here](#).

**Description:** New research is helping us understand the connection between quality sleep and overall health and well-being. In this workshop participants will learn simple and effective tools to improve their ability to rest, relax, and sleep.

For questions, contact: Jessica Houze, [jessica.houze@fultoncountyga.gov](mailto:jessica.houze@fultoncountyga.gov)

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