

Optimizing your sleep webinar message (SEBB)

How to use

1. Share the message below with employees before February 19, 2025.
2. The message is ready to use as is. You can also tailor it to fit the needs of your organization.

**Tip:** Highlight the value of worksite wellness by asking your leadership to send the message. Doing this completes tasks 1.3 and 5.4 of our [Worksite Wellness Roadmap](https://fortress.wa.gov/hca/wawellness/login.aspx) to earn our [Zo8 Award](https://www.hca.wa.gov/about-hca/washington-wellness/tracking-success).

MESSAGE BELOW

**Subject**: You’re invited! Lunch and Learn: *Optimizing Your Sleep*

Join WebMD for the Lunch and Learn webinar: *Optimizing Your Sleep*

Objectives:

* Explain types of sleep.
* Identify why sleep is important.
* Describe sleep recommendations.
* Identify how to fight fatigue.
* Discuss unique work hours.
* Develop tactics for optimal sleep.

**When and where**Wednesday, February 19, 2025  
12:00 to 12:30 p.m.  
GoTo Webinar

**How can I sign up?**

[Register](https://register.gotowebinar.com/register/2333711674621406038) to join the webinar on February 19.

A recording will be available on [HCA’s website](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb) by February 20.

**Closed Captioning?**

Contact [Maria Royall](mailto:maria.royall@hca.wa.gov).

**Questions?**

Contact [Jamie Wise](mailto:jwise@webmd.net).

**END MESSAGE**