

Webinar: Optimizing your sleep
Wednesday, February 19, 2025
12-12:30 PM

Join WebMD for the Lunch and Learn webinar: Optimizing Your Sleep. The objectives for this 30-minute webinar include:

- 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.

[Register](#) to join the webinar on February 19.