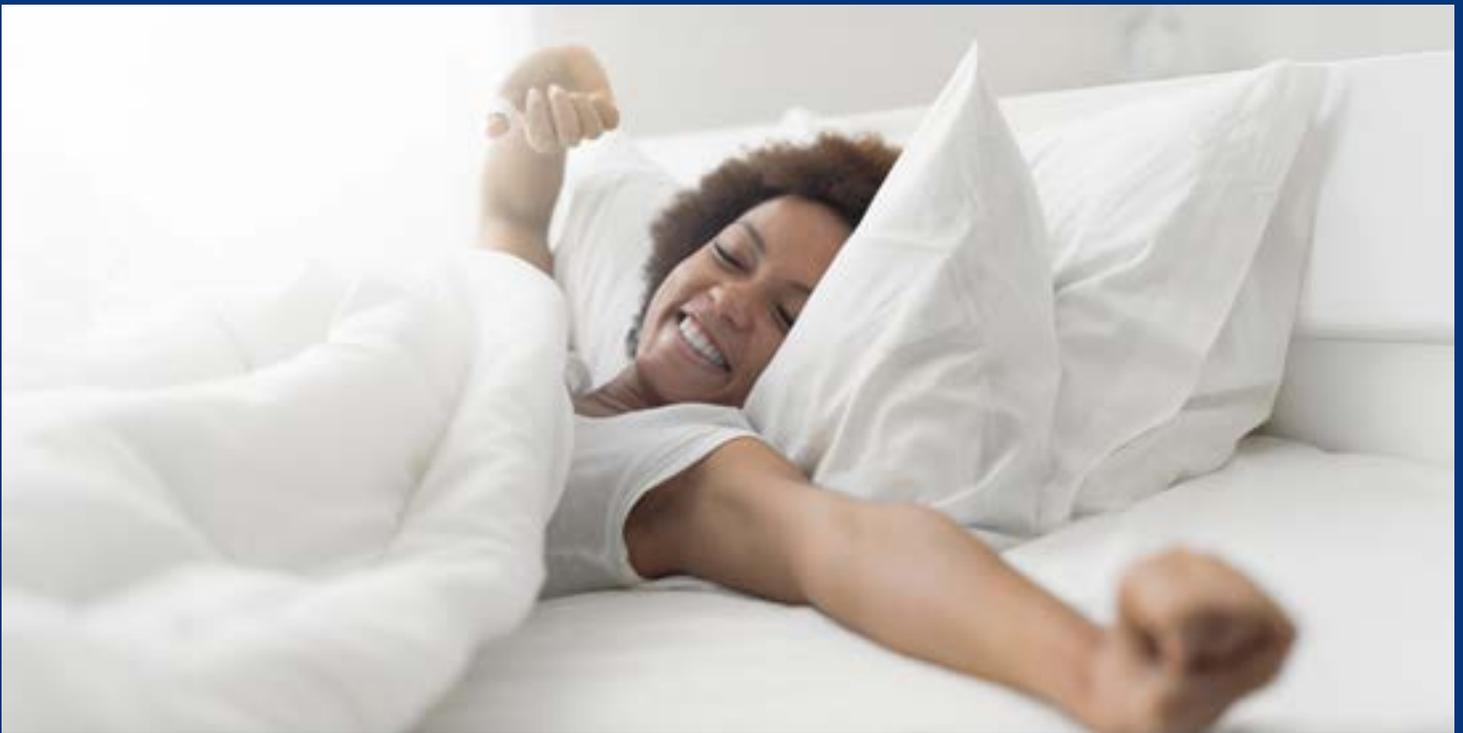


# 4MIND4BODY

## LUNCH AND LEARN

Session available via webinar. Pre-registration required.  
Go to the Partners for Health [webinar webpage](#) for more information.

# HOW TO BEAT FATIGUE AND SLEEP BETTER



Wednesday, March 11, 11:30 a.m. to 12:30 p.m. CT

Sleep is important to our health, and not getting enough sleep can cause significant safety risks. This session explores the importance of sleep, the sleep cycle, how to break the barriers to a good night's sleep and simple ways to develop good sleeping habits.

**[GO TO THIS REGISTRATION PAGE TO REGISTER.](#)**