Make an Appointment with Sleep



Virtual Presentation

Sleep is one of the most powerful tools for better health. Join us to learn how quality sleep impacts your energy, mood, productivity and overall well-being.

You'll learn:

- How to recognize signs of poor or inadequate sleep
- Why sleep cycles are essential for recovery
- Common barriers that disrupt healthy sleep
- Practical tips for more restorative rest

Date: Tuesday, Nov. 10

Time: 12 - 1 p.m.

Click to Register on Webex

or scan the QR code

Earn 5 Healthy Reward points for attending. Participants must register and attend via Webex for points to be awarded.

When sleep improves, everything else can too.

Questions? Contact Workforce Health at 414-777-3410

Monday-Friday: 7:30 a.m.-4:30 p.m.

Froedtert & Medical College of Wisconsin

Workforce Health

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