

In lieu of Healthcare Council...

# Sleep Health

## Healthcare Professional Development

**We spend 1/3 of our lives asleep.**

Join us for a workshop to find out why it's so important to get a good nights rest. We will learn about different sleep disorders, as well as sleep architecture and what you can do to get better sleep!

**Register online at**

<https://leadernet.aft.org/webform/sleep-health>

**or call the office at 860-257-9782**

*Dinner will be provided.*

**MONDAY**  
**MARCH**  
**26<sup>TH</sup>**  
**2018**

**5:30pm**

**Soifer Room**  
AFT Connecticut  
35 Marshall Road  
Rocky Hill, CT 06067

**Presented by:**  
**Stephanie Johnson**  
President of L&M Techs  
Local 5051



 **AFT Connecticut**  
A Union of Professionals