



AFT Connecticut presents to our members...
A Union of Professionals



Sleep Health Virtual Workshop

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:

<https://leadernet.aft.org/webform/sleep-health>
or email: amowrey@aftct.org

MONDAY
JANUARY
25TH
2021

5:30pm
to
7:00pm

Zoom link to be provided
after registering.

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

