

# SLEEP

Sleep Education for Everyone

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**January 27th on ZOOM**

**6:00-7:00 P.M.**

**Hosted by the Burnette Library**

Start the new year off right by getting better sleep!

Join Michigan State University Extension in an interactive session on Zoom to learn steps that will help you improve your sleep quantity and quality. Poor sleep has been associated with both physical and mental health problems, including severe psychological distress. Registration is required. Email must be given when registering so that you can be sent the Zoom link to participate in the online session. This program will not be recorded. Registration begins December 13th.



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**MSU Extension**

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To register, please call 586-353-0579  
or visit [www.warrenlibrary.net](http://www.warrenlibrary.net)