

Do you have trouble falling asleep?
Are you tired throughout the day?
If you answered yes, this program is for you!

I ♥
SLEEP

Presented By:
WHP 460 Students



- Learn Sleep Hygiene Tips
- Check out the Statistics
- Ask Questions

Friday @ 7 p.m.
November 5, 2010

Vandenberg Hall
Cafeteria

Freebies & Giveaways
for All Who Attend!