

My Life Expert

Sleep is often the overlooked cornerstone of a healthy lifestyle. In this enlightening seminar, participants will explore the physical and mental benefits of a good night's sleep and discover how to establish daily habits that promote a restorative sleep environment. We'll also delve into effective relaxation techniques to address insomnia and improve overall sleep quality. Leave equipped with valuable resources and actionable strategies to enhance your sleep and elevate your quality of life. Join us to unlock the secrets of restorative rest!

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Texas Health Employee
Assistance Program



SLEEP BASICS



DATE

8/12/2026



TIME

12:30pm-1:30pm CST



REGISTER

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