



Sleep is Your Superpower

Workshop for Employees in Education

Sleep is often viewed as a luxury. However, sleep powers our minds, our bodies, and our teams. There is no tenant of health that sleep doesn't affect. Even a few hours of lost sleep impacts our thinking, mood, and memory. During this session we will learn about the effects of poor sleep and share practical tools to unleash the power of rest.

At EASE, we care about your health and well-being.

This workshop is free for all employees of EASE member organizations.

Employees must register to attend.

For more information, please contact the EASE office at (562) 922-6683.



Sign Up

MARCH 22ND, 2023

12:00PM- ONLINE

Session Duration: 45 minute workshop + interactive exercises

A recording will be made available for those unable to attend.