

# eat right, sleep well!

Thursday, November 13th  
11am-12pm | University Center 312

## meet the instructors



- Demo, tasting, and discussion.
- Learn basic changes you can make to improve your sleeping.
- Take away some simple recipes and techniques you can use to implement those changes.
- Bust some of those nutrition myths.

Register online by Monday, November 10th at  
[www.umbc.edu/training](http://www.umbc.edu/training)

*Spaces are limited and pre-registration is required.*