

Want Better **Sleep**?

Did you know that sleep has an impact on mental health, physical health, overall well-being and even your grades?

Monday, October 21, 2024

11 A.M. - 12 P.M.

Center for Well-Being Room 118

Come learn some tips for good sleep and how RIH's services can support healthy sleep habits.



To learn more,
view this event
on myUMBC!

If you need accommodations for a disability, please contact swill1@umbc.edu at least 1 week prior to the workshop.

All RIH services are LGBTQIA2S+ friendly and are welcoming to all diverse populations.



RETRIEVER INTEGRATED HEALTH