Getting enough sleep each night can reduce stress and spur your creativity. It can even help you lose weight. To get you feeling more focused and productive, we’ve teamed up with Kaiser Permanente to bring you Rest and Revive. During this fun, easy-to-follow program you’ll receive six weekly emails with practical suggestions for getting better rest. This six-week program runs **July 23 through September 7**.

Get on the path to better rest by joining the program and tracking your progress every week. **To register, please click here.**

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**Awaken a stronger you**

**Simple solutions for a good night's sleep**

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**More than half of Americans get insufficient sleep**

Percent of population that sleeps less than seven hours a night on workdays

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**Program Kickoff**

**Wednesday, July 18, 2018**

12:00 – 1:00 p.m. | HUB 302 South

- Water, tea, coffee and fruit & veggie platters will be provided
- Kaiser Permanente - stress management presentation