

THE CITY OF GREENVILLE & GUC WELLNESS PROGRAM PRESENTS

LUNCH AND LEARN WORKSHOP SERIES

Sleep, Restful Sleep...

- January 10 — Goal Setting: How to Create a Healthy Sleep Environment
- January 17 — The Importance of Sleep: A Healthy Heart
- January 24 — Insomnia: Conditions that Affect Sleep
- January 30 — Helpful Eating Habits to Promote Restful Sleep: The Connection between Sleep and Overeating

Sign up for one or all four workshops!

Attend 3 or more workshops to receive a special Wellness gift

Jaycee Park Auditorium • 2000 Cedar Lane

12:15 PM–1:15 PM • Lunch will be provided by the Wellness Program.

Registration limited to the first 30 full time or designated part time COG or GUC employees. Registration done on an individual workshop basis.

To register, please contact Barbara Avery
at BAvery@greenvillenc.gov.