

Sleep Education Session



Dr. Trevor will be joined by Dr. Mouton, informational speaker and owner of The Centers for Sleep Medicine, for an education session on sleep.

Join us online via Zoom for the discussion and an opportunity to have your questions answered.

Date: Thursday, April 22

Time: 6 p.m.

Join the Zoom meeting

<https://us04web.zoom.us/j/73163515391?pwd=RHozTDJGZzRIS2ROSzNYMitUTkk3Zz09>

Meeting ID: 731 6351 5391 Passcode: 2asP1n

**Call the Union Wellness Centers
at 312.421.1016 to register.**

Questions?
Contact the Union Wellness Centers at 312.421.1016.

