

Got Sleep?



Join us for

“Aim for Eight”

A presentation given by Lori Marti

Wednesday, January 27th

12:00 – 12:45pm

Centennial Student Union, Room 201

(Searing Room)



*What is the least amount of sleep a person can get and stay healthy? Are those extreme caffeine drinks safe? Find out the answers to these questions and more when you attend this program. Everyone is guaranteed to stay awake as they play this interactive game designed to help everyone win their way to a great night's sleep! There will be a **drawing for prizes!** This presentation is for faculty and staff only.*

If you have questions related to this session, please contact Jill Frederickson – Kratzke at 389-2017 or jill.frederickson-kratzke@mnsu.edu

Sponsored by the Minnesota State Mankato Employee Wellness Committee.

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