**Tunxis Wellness Programs – TUNXIS.EDU/COUNSELING**

**LIMITED SEATS-SIGN UP TODAY:** <https://forms.office.com/r/EPdiqF49e3> 

  

Sleep awareness

Free workshop

image of pizza
Tuesday, March 7, 2:30-4:00

**Founders Hall**

**Free Pizza, Giveaways, & Prize Drawing!**

Learn how sleep affects all areas of our life: academics, behavior, mental health, physical health and more.

Develop the skills to get better sleep!

**Workshop presented by Personal Trainer,**

**Lisa Fields from Lisa Fields Fitness -**

**Certified Personal Trainer, Certified Life Coach,**

**Certified Nutritionist.**

For event questions, email [tx-counseling@tunxis.edu](mailto:tx-counseling@tunxis.edu)