



FEB 28TH, 2018 8-9P INSOMNIA WEBINAR FOR MED STUDENTS

Let's get you back to sleep...

If you struggle with insomnia chronically, or have a stressful event causing insomnia, this is the event for you. Sometimes the pressures of school take a toll on your sleep. Big tests, clinical pressures, and bad habits often make sleep elusive. Come try out this webinar to see if you'd like to join a 5 part session to finally put your insomnia to bed. Zoom technology will make this a confidential experience for all. Email/RSVP to costerhout@ucdavis.edu by Feb 26th, 2018 to join and be added to the webinar list.

zoom

**Counting Sheep?
Still not asleep?**

**Attend a free
confidential
insomnia webinar**

**Scheduled after
hours**

**Just for medical
students**

**In the privacy of your
own home**

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