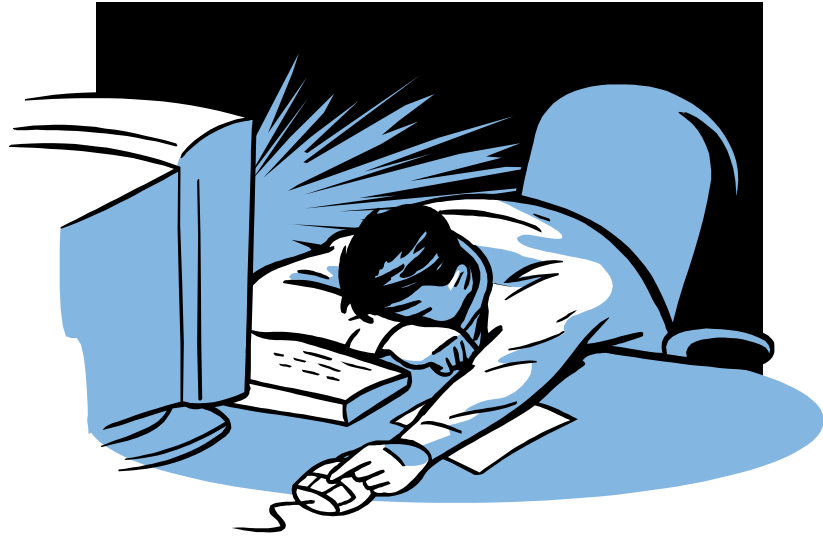


**Counseling
Corner
Workshop**

**Tuesday
Sept. 22nd, 2009
6:00 pm**

**University
Center
Rm 259 A**



To Sleep or Not to Sleep



Getting a healthy amount of sleep each night can be tricky. Where you live can be remarkably noisy, distractions abound, and stress about coursework will rob you of a decent bout of shut-eye.

Come learn about the importance of healthy sleep, get tips for improving your sleep, and learn how to distinguish occasional disrupted sleep from symptoms of mental illness.

Questions? Call Counseling Services at 472-1305.

If you have a disability and desire accommodations, please contact Jill Mallin at 262-472-1305