EAP Lunchtime Wellness Program

The Stress/Sleep Connection

New research shows that people who get 7-9 hours of sleep a night are more likely to feel more energetic throughout the day, have higher productivity, and experience less stress. In addition, sleep has been found to be crucial for concentration, memory formation, and repairing and rejuvenating the cells of the body. A good night’s sleep is essential for optimum health and energy.

Join us as we understand the stress-sleep connection, learn how to create a healthy sleep environment, and experience simple ways to increase well-being to get your best night’s sleep!

Presenter: Barbara Stevens, Certified by the International Association of Counselors and Therapists in Stress Management, Smoke Cessation, Weight Management, Hypnosis, and Sales and Sports Performance.

To Register:
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Or register online:
HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM

Health Sciences Campus

Thursday, February 14
Noon—1:00 pm
Café Conference Room
A Wing