

FEBRUARY 21, OASIS: Unlocking the Power of Sleep.



Join us on **Friday, February 21, 2-3 p.m.**, in the San Carlos Branch Library's Community Room & Art Gallery to learn how you can ***"Unlock the Power of Sleep."*** National Board Certified Health and Wellness Coach, **Montserrat Garcia**, delves into the vital role sleep plays in our physical and mental well-being. Explore the stages of sleep, factors influencing sleep quality, and practical strategies for optimizing sleep hygiene. Join us to learn actionable tips for improving sleep habits, how prioritizing sleep can unlock a pathway to greater vitality, resilience, and overall health. Visit sandiegooasis.org for more information. Click [OASIS Power of Sleep](#)