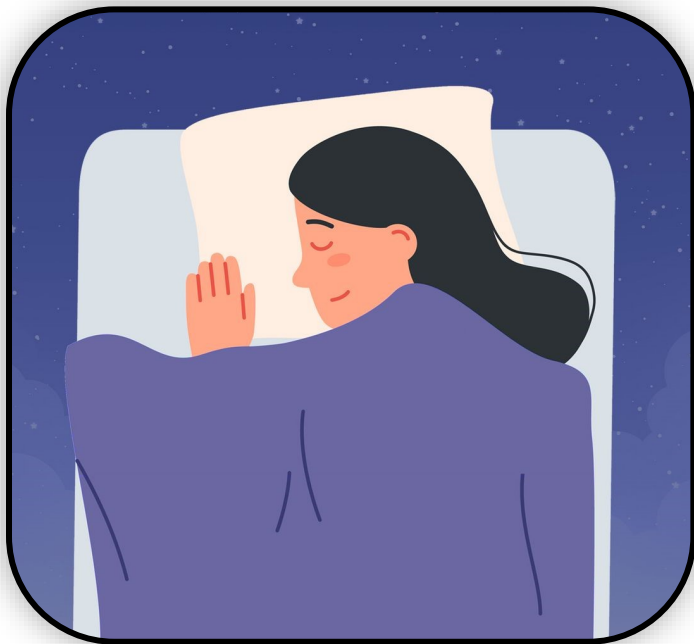




Unlocking the Power of Sleep

Montserrat Garcia, National Board Certified Health & Wellness Coach

Friday, February 21st • 2 - 3pm



This class offered by Oasis San Diego will delve 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



San Carlos Branch Library
facebook.com/SanCarlosBranchLibrary
7265 Jackson Dr. • 619-527-3430

