

LIVING WELL TOGETHER
PROGRAM SERIES

K-STATE
Research and Extension

Family & Consumer
Sciences

SCIENCE OF SLEEP

March 25 ▲ via Zoom

6:45pm (CT)



Your body craves sleep, much like it hungers for food. But what happens to our mind and physical body when we do not get enough of it? Join us as we discuss the science and benefits of sleep.

Presenters:

Dr. Jacqui Lambert

Sharolyn Jackson – Northeast Area Extension Family and Consumer
Sciences Specialist
Kansas State University

Chelsi Myer – Family and Consumer Science Extension Agent
Leavenworth County

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