Explore the science behind sleep and the physical and emotional effects of sleep deprivation, and learn healthy sleep hygiene strategies in this presentation by EACC Counselor Kathryn Jones, PhD, LMFT.

**WHEN & WHERE**
Wednesday, March 20, noon-1 p.m., West Pavilion Board Room

**WHO**
Program is open to all UAB, UAB Medicine, VIVA Health and Homewood City School System employees.

**REGISTRATION:**
Go to [uab.edu/learn](http://uab.edu/learn) and enroll in “Sleep Health” under the catalog tab. Program also available via Zoom meeting; registered participants will be emailed an invitation to the online meeting.

To request disability accommodations, email [dss@uab.edu](mailto:dss@uab.edu) or call 205-934-4205.