

HAVING TROUBLE GETTING ENOUGH SLEEP?

Register
for the
Refresh
Sleep
Program



WCU
WEST CHESTER
UNIVERSITY
WELLNESS PROMOTION

Spend less than 30 minutes weekly
with **Refresh Sleep** to boost sleep
quality and improve snooze.

Refresh Sleep is a 7-week email based program

REGISTER on Ram Connect (Wellness Promotion - QR
code below) by February 29 @ 12pm
Program runs March 4 - April 15



FIRST 50 PARTICIPANTS TO REGISTER RECEIVE A FREE SLEEP KIT