Sleep Better: A live, virtual workshop for MIT grad students
Wednesday, June 17  8-8:30 pm ET

Learn lifestyle tips to get better quality sleep. Practice restorative yoga and relaxation techniques to wind down at night.

Instructor: Zan Barry, MIT Medical sleep coach
https://mit.zoom.us/j/97620610935

Susanna (Zan) Barry is inviting you to a scheduled Zoom meeting.

Topic: Sleep Better
Time: Jun 17, 2020 08:00 PM Eastern Time (US and Canada)

Join Zoom Meeting
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