



# STRESS & SLEEP Awareness Days

**FREE Healthy Snacks, Massages**

**& \*Drum Circle (Santa Rosa Campus only)**

## Screenings & Tabling

Wednesday, May 8<sup>th</sup>  
11:00 A.M. - 2:00 P.M.  
Bertolini Quad  
**Santa Rosa campus**

## How to Sleep Better Seminar

Wednesday, May 8<sup>th</sup>  
3:00 P.M. - 4:00 P.M.  
Doyle Library, Rm 4246  
**Santa Rosa campus**

