

Employee and Retiree Service Center
The Bulletin—September 16, 2026

September Wellness Webinar—The Sleep Reset: Strategies for Feeling Refreshed

Quality sleep is the foundation of your energy, focus, and overall well-being. In this session, you will learn what truly disrupts healthy sleep and the practical, research-supported habits that help you unwind, fall asleep more easily, stay asleep longer, and wake up feeling restored. Discover changes that make a meaningful difference—starting as soon as tonight.

When: Thursday, September 24, 2026

Time: 5:00 p.m.

Log-in using class link found [here](#).

Be sure to check out upcoming wellness programs, classes, and resources on the [Well Aware News web page](#) and in the [Well Aware Wellness Toolbox](#).