

MCPS Well Aware presents

Food and Sleep

The dietary choices we make throughout the day can significantly influence the quality of our sleep at night. Achieving a restful night is essential for maintaining overall health and well-being. In this session, a registered dietitian will examine the various foods consumed during the day and their effects on sleep patterns.

- **TUESDAY,**
APRIL 29, 2025
4:30–5:30 p.m. Webinar

PLEASE REGISTER for this webinar by emailing
wellness@mcpsmd.org for the log-in information.

