



Sleep Hygiene

Virtual Workshop for Students

Learn about why having good sleep habits can support your mental & physical well-being.

Thursday, May 28, 2020

4-5 p.m.



Live Workshop Presented by Julie Poepoe,
Family Nurse Practitioner



Zoom Meeting Info

Meeting ID: 968 4524 5948

Password: 544770

Dial in with: 1-669-900-9128



El Camino College

The El Camino Community College District is committed to providing an educational and employment environment in which no person is subjected to discrimination on the basis of actual or perceived race, color, ancestry, national origin, religion, creed, age over 40, disability (mental or physical), sex, gender (including pregnancy and childbirth), sexual orientation, gender identity, gender expression, medical condition, genetic information, marital status, military and veteran status, or retaliation; or on any other basis as required by state and federal law.