## **OSU EXTENSION SERVICE** | Family and Community Health

## **SLEEP** HEALTH

Discover the importance of restorative sleep and the connection between food and sleep patterns.

**Monday, May 13** 1:30-2:30 p.m.

SDA Fellowship Hall 1051 N Cedar Pt Road, Coquille



Presented by Stephanie Polizzi, MPH, RDN Associate Professor of Practice Family and Community Health OSU Extension Services and OSU College of Health

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Join us at 1 pm for a plant-based potluck and lunch while you learn!

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