April's Topic

SLEEP MEDICATIONS AND WHAT YOU NEED TO KNOW

4/11/19 @ 3:30 - 5:00 pm

Counseling Center, Perkins Student Center

Having a hard time figuring out what can help you get faster and better sleep? Join our monthly sleep discussion series to learn more about how to get a better nights rest. Each month we will have one to two dates to discuss different topics on getting better sleep as a UD college student. No RSVP's necessary, just come in and let front desk staff know you are here for the sleep series. For more information please contact the counseling center at 302-831-2141.

Presented by
Brad Wolgast, PhD CBSM & Ge Song, M.S.

DREAM TEAM: SLEEP SERIES

Center for Counseling & Student Development

UNIVERSITY OF DELAWARE
STUDENT LIFE