

# The Importance of Sleep Hygiene

These days, it's easy to forget just how important a good night's sleep really is. But getting quality rest can make a big difference in how we feel—both mentally and physically.

Join Dr. Tracey Holsinger, a geriatric psychiatrist, for a relaxed and informative chat about simple sleep hygiene tips and how better sleep habits can improve your everyday life.

*Hosted by the Project EngAGE Mental Wellness Senior Resource Team*

**FREE!**

**Tuesday, August 26 • 4-5:30pm**

**Seymour Center, 2551 Homestead Rd, Chapel Hill, NC**



**Register by Monday, August 25 at  
(919) 968-2070**

