

DR. SHANNEN VONG OF CAPS
AND THE DASHEW CENTER
PRESENT:

## SLEEP

101

Tuesday, May 28th 12-1 PM

## **CAPS Large Conference Room**

Refreshments provided!

Are you having trouble sleeping?

Can't shut your mind off at night?

In this workshop you will learn strategies to improve sleep!

Register online at: www.internationalcenter.ucla.edu