

Are you experiencing sleep challenges?



NMSU Cooperative Extension Service presents

Sleep: The Why, What and How!

With Lourdes Olivas, NMSU Extension Associate

Wednesday September 23 at 11 AM

Free Zoom Event

Opportunity to provide questions beforehand

Register

at

<https://aces.nmsu.edu/covid19/sleep-webinar.html>



If you are an individual with a disability who is in need of an auxiliary aid or service to participate, please contact Amanda Benton in advance at abenton@nmsu.edu

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