

WEBINAR

Healthy Sleep Habits

August 10, 2022 | 12:00pm CT

Getting a good night's sleep is often easier said than done. Gain an understanding of sleep as both a science and art form, learn how sleep impacts our productivity and energy, the importance of how sleep plays a role in making informed decisions, and explore ways to improve our sleep experience

*Register here!

Incentive Points will be given only to those who log in on a computer. Send all questions and concerns regarding incentive points to:

employeeewellness@harrishealth.org



facilitated by **Michael McCafferty, MSW, PHR**

Michael is a skilled coach and consultant who partners with leaders, teams and individuals, motivating them to move from disengaged to engaged, and from problem to solution.

With a diverse background including experience in healthcare, human resources and construction, he has a long track record and personal commitment to helping organizations create the conditions for success.

Since receiving his Master's degree in Social Work from the University of Wisconsin - Milwaukee in 1997, Michael has provided consultation, training, counseling and EAP services to organizations of all sizes in varied industries.