

HP Living Well Community/ MMHG Wellness Webinar

Setting Up Your Space for Better Sleep

October 28th

1-1:30 p.m.

Attend this FREE webinar from your computer, tablet, or smartphone!



Your sleep environment plays a key role in the quality of your rest. This session explores how temperature, light, sound, air quality, and bedroom setup impact your sleep. Learn practical, evidence-based strategies for creating a sleep space that supports deeper, more restorative rest every night.

No need to register in advance.

Classes are open to everyone at no charge. Access classes at [this link](https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars) or <https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars>

This webinar is free and open to all.

By opening this zoom meeting/link, you agree that this meeting is being sponsored by Harvard Pilgrim Health Care, Inc. and/or its Affiliates (“Harvard Pilgrim”), Harvard Pilgrim shall not at any time or to any extent whatsoever be liable, responsible or in any way accountable for any loss, injury, or damage to be suffered or sustained by any person at any time in connection with or as a result of this class. I hereby release Harvard Pilgrim, its affiliates, subsidiaries, divisions, directors and employees from any and all legal claims arising out of, in connection with or in any way related to my participation in this class.