



**Student Health Services &
Personal Counseling
Presents:**

**THE STRESS-
SLEEP
CONNECTION**

**Wednesday, October 20, 2021
2:00pm-3:00pm**

Virtual Workshop via Zoom

Use the link below to access the event
<https://cccconfer.zoom.us/j/6595281254>

If you have difficulties accessing the workshop or would like more information, please contact Student Health Services at (209) 384-6045 or shs@mccd.edu