

Healthy Sleep Habits



Please join us on January 11th, 2023 at 7PM for a workshop, or January 25th, 2023 at 12:30 for an interactive lunch-and-learn session for parents and caregivers on young people and sleep. Learn more about the importance of sleep across ages and stages, best practices for supporting good sleep habits and ways to address common challenges.

Topic:

Healthy Sleeping Habits

Speaker:

Dr. Vera Feuer, MD
Anne Van Der Veer

Date:

Thursday, January 11th, 2023, 7:00 – 8:00 PM
OR
Thursday, January 25th, 2023, 12:30 – 1:30 PM

[Click here](#) to register for the 7PM workshop or scan the QR Code below



[Click here to](#) register for the 12:30PM lunch and learn or scan the QR Code below



Questions? Please email:

CCMCommunityOutreach@northwell.edu

FAQs:

Is registration required for this program?

Yes. Registration is required for this webinar.

When will I receive the webinar information for this program? The webinar information will be sent to you after you register. Please do not share this information with others.