

**FREE CEU CREDIT\***

# Better Sleep for Better Health

**Thursday, May 20, 2021**

**at 11 AM PT | 12 PM MT | 1 PM CT | 2 PM ET**

We spend about a third of our lives sleeping, and for a good reason. A consistent, quality sleep each night is the most effective thing you can do to reset your brain and health. Poor sleep is linked to negative health outcomes, including cognitive decline. This session will cover the sleep process, including how it impacts overall health and what age-related changes are normal. The session also will provide the most up-to-date research on ways to improve sleep to get the most benefit out of each night.



Register today for the **FREE** webinar at  
<https://www.rightathome.net/san-marcos/event/better-sleep-for-better-health>

#### Participants in this web seminar will be able to:

- ▶ Understand what happens during sleep and why both quantity and quality are important.
- ▶ Understand typical changes in sleep as we age.
- ▶ Identify the impact of chronic sleep deprivation on health outcomes and everyday performance.
- ▶ List risk factors for sleep disturbance in older adults.



#### About the Presenters:

Drs. Chris and Kara Mohr are husband and wife and co-owners of Mohr Results, Inc. They use their extensive expertise in nutrition, exercise and sleep to develop plans for companies that want to support employee well-being. The Mohrs' work has taken them around the world—they have worked in clinical settings, academics, media and more. Their work has been used by companies and organizations such as Deloitte, Johnson & Johnson, the White House, CIA, and Wounded Warrior Project.



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