



# Tackle Insomnia & Improve Sleep with Mindfulness Meditation

Presented by Student Health  
Laurie Angress, *iRest Yoga Nidra* facilitator

March 8 at 11 a.m.

March 9 at 3 p.m.

To register please email [studenthealth@cerritos.edu](mailto:studenthealth@cerritos.edu)  
The Zoom Meeting details will be emailed to you.

If disability accommodations (e.g. communication access, alternate formats) are needed to participate, please submit your request to [AccommodationsRequest@cerritos.edu](mailto:AccommodationsRequest@cerritos.edu) within seven days in advance of the event.

