



**AUGUST
2026**

MLE LIVE MONTHLY WEBINAR SERIES

SLEEP BASICS

DATE: 8/12/2026

TIME: 1:30PM TO 2:30PM EST

Sleep is often the overlooked cornerstone of a healthy lifestyle. In this enlightening seminar, participants will explore the physical and mental benefits of a good night's sleep and discover how to establish daily habits that promote a restorative sleep environment. We'll also delve into effective relaxation techniques to address insomnia and improve overall sleep quality. By the end of this session, you will leave equipped with valuable resources and actionable strategies to enhance your sleep and elevate your quality of life. Join us to unlock the secrets of restorative rest!

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