

Food for Thought

A Department Wellness Series



Did you know that sleeping can affect many aspects of your health? Join us as Dr. Kelly Baron talks to us about sleep health and ways to promote it in our next Food for Thought series.

RSVP by Aug. 2 to
DFPMEvents@hsc.utah.edu.
Lunch will be provided

Kelly Baron, PhD, MPH, DBSM
*“Strategies for Promoting
Sleep Health”*

Friday, August 9
12:00pm - 1:00pm
Room 104 (Large Downstairs Classroom)