



WINDRUSH PRESENTS!

Sleep: How Much Do We Need?

How Do We Get What We Need?

With Dr. Allison Harvey

Wednesday, February 1, 7:00 pm

Windrush School Library



Dr. Harvey is a faculty member of the UC Berkeley Department of Psychology and Director of the Golden Bear Sleep and Mood Research Clinic. Her research focuses on the relationship between sleep and mood, and on treatments to improve sleep in adolescents and adults. www.ocf.berkeley.edu/~ahsleep

Open to the public

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