

How effective are your naps?

# FLASH NAP

Learn how to strategically supplement your night-time sleep by napping.

The latest in sleep science!



**WEDNESDAY, MARCH 27**

**12 PM - 1 PM**

**LAW SCHOOL - WASHER LOUNGE**

*JOIN US FOR A NAP & FREE SLEEP MASK!*



@HealthyCards



UofL Health Promotion

**HEALTH  
PROMOTION**

*Live well. On purpose.*

A Division of Campus Health Services

Health Promotion Wellbeing Central

SAC W309

P:502.852.5429

[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)



GetHealthyNow

