

**ERR WELLNESS SERIES**  
**HEALTHY**  
**SLEEP**  
**HABITS**

**12**  
**FEB**  
**1800-2000**  
**VIRTUAL**

**REGISTER HERE**

A woman with curly hair is sleeping peacefully in bed, her head resting on a white pillow. The background is a soft, out-of-focus white.

This educational session explores the science of sleep and practical strategies for improving rest and recovery. Participants will learn how sleep impacts physical health, mood, and performance and identify factors that may disrupt healthy sleep patterns. At the end of the session, participants will have actionable tools to establish healthier sleep habits that support overall well-being and daily energy.



For more information: 843-228-1021 or [sc.err.mcftb@usmc-mccs.org](mailto:sc.err.mcftb@usmc-mccs.org).