

LIVING WELL WEDNESDAY

K-State Research and Extension Webinar Series

Sleep is a Superpower

Wednesday, Jan. 10th
12:10 - 1:00pm CST



You might think that nothing really happens while you sleep. You couldn't be more wrong. Sleep directly affects our relationships, our life expectancy, our libido, weight gain, cardiovascular health and our immune system. Science is understanding the value of sleep and it is important for us to leverage this superpower. Michelle Lane is the senior director for Community Wellness and Corporate Health at North Kansas City Hospital.



Michelle Lane
RN, MSN, CMSRN, CHC, NE-BC
Sr Director Community Health
and Wellness

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or by scanning the QR Code



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