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webinar!

# Reclaiming Rest: Sleep Health for Healthcare Workers



UNIVERSITY of MARYLAND  
MEDICAL CENTER



**JUNE 25**



**12:00-1:00 PM**



**REGISTER:**



## **PRESENTER:**

**Jamila Allouane, DSW, LCSW-C**  
Senior EAP Counselor

## **WEBINAR OBJECTIVES:**

- Explore the science of sleep.
- Gain understanding of the impact of sleep on health & wellness.
- Learn practical approaches to healthy sleep practices for healthcare workers.

Sponsored in partnership with the Employee Assistance Program (EAP) and UMMC's Wellness Program. EAP offers Confidential counseling by phone or secure telehealth. This free referral service is available to all employees and their family members. 419 W. Redwood St., Suite 560 Baltimore, MD 21201 Call 667-214-1555 or email: [amjohnso@som.umaryland.org](mailto:amjohnso@som.umaryland.org) to schedule an appointment [www.ummc-eap.org](http://www.ummc-eap.org)