

# Healthy Habits Program



## Interested in improving your health?

- The UofM Student Run Free Clinic is offering free monthly sessions focused on healthy living.
- Next session – **Saturday March 28th** from 2:30 to 3:30pm.
- Focus will be on **sleep** – the importance of sleep, tips to improve sleep, and an overview of medical sleep aids.
- **Food** will be provided.
- Where: Pinckney Community Public Library, 125 Putnam St., Pinckney, MI
- For more information contact Luc:  
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