



Sleep Secrets

With CHRIS ZELLERS, MPP, FCHS Educator/Assist. Professor

Thursday, February 6, 2025

6:30 to 8pm

In Person at the Ocean City Public Library

1735 Simpson Avenue
Ocean City, NJ 08226

This program will cover sleep patterns and the benefits of sleep. It will also provide information on ways to get a better night's sleep.

Register in advance at: <https://go.rutgers.edu/ctg2vv19>

