

YOU DON'T LOSE WHEN YOU SNOOZE



Not getting enough sleep drains your mental abilities and puts your physical health at risk. Science has linked poor slumber with a number of health problems, from weight gain to a weakened immune system. If you make sleep a priority in your life, you won't be losing while you are snoozing.



Contact **Linda G.** at wellnessconsultant@bellin.org or **920.436.8668** for more resources. For 24/7 health system access, go to bellin.org/contact or call **800.528.7883**.



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