



July

## Sleep On It: Why Sleep Matters

This presentation highlights the powerful benefits of quality sleep and the risks associated with poor sleep habits. It provides a clear overview of sleep stages and what happens in the body during rest. Participants will also learn practical, easy strategies to improve their sleep quality and nightly routines.

DATE: 07.16.26

TIME: 11:00 AM

LOCATION: Owls Active Aging Center at Trinity

ADDRESS: 2715 E. Jackson Blvd., Elkhart, IN 46516

**Space is limited, reserve your spot today  
by calling (574) 336-2652 to register.**



*Program may be provided in part by funding through Indiana Family and Social Services Administration through the Older Americans Act.*



**Beth Evans**  
Educator

Beth Evans is a Purdue Extension Health and Human Sciences Educator serving St. Joseph County. She is dedicated to helping residents live healthier, smarter, and happier lives through educational programming and community outreach- with experience in food access, financial education, and healthy living initiatives. Beth is passionate about supporting families and communities.