



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: 07.28.26

TIME: 11:30 AM

LOCATION: Salvation Army

ADDRESS: 300 N. Main St., Elkhart, IN 46516

Space is limited, reserve your spot today by calling (574) 284-7189 to register.

Register for lunch by 12 PM: 07.24.26



ELKHART

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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.