



# SNOOZE MORE STRESS LESS

Register on  
Mason360 or  
scan the QR  
codes



## CHOOSE TO SNOOZE: STRATEGIES FOR BETTER SLEEP

Do you feel tired often? Are you struggling to sleep most nights? If so, join CAPS as we provide an interactive workshop on how to get healthier and better sleep.

**NOVEMBER 2, 2023**  
**3:00 PM - 4:00 PM**

The first 3 students  
to register will receive  
a free t-shirt!



## MENTAL HEALTH MYTHS AND FACTS WITH PEP

How much do you know about stress and mental health? Join CAPS' Peer Empowerment Program for trivia to find out! The winner will receive a **\$25 Amazon gift card!**

**NOVEMBER 14, 2023**  
**3:00 PM - 4:00 PM**

## STRESS LESS WORKSHOP

Are you stressed from school, work, relationships, or just life in general? Join us to learn ways to better manage your stress!

**DECEMBER 5, 2023**  
**1:00 PM - 2:00 PM**

