

Light and Circadian Rhythms in an Older Adult Congregate Living Facility

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Friday, Feb. 20th, 12:15-1:15

North Hall 226, OSU-Tulsa

Simulcast to ITLE 105, OSU-Stillwater

Light lunch provided at both sites

At the conclusion of this seminar participants will be able to:

1. Understand the importance of restful sleep to good job performance and stress management.
2. Learn about tools to help families monitor & reduce sleep disruptions.
3. Create a plan to improve your family's sleep environments in harmony with circadian rhythms.



Seminar Series sponsored by the OSU College of Human Science's

Center for Family Resilience, OSU-Tulsa

Questions? Contact Dr. Harrist, amanda.harrist@okstate.edu.