

East Baltimore

March

Well-being Break



School of Nursing
Hub (to the right
of lobby)



Wednesday,
March 15



11:30am-1:30pm

Hey EB learners, don't sleep on this! Join Health Promotion & Well-Being for the March EB Well-being Break. This month's focuses are Nutrition and Sleep. Meet SHWB Dietician, Rayven Nairn. Spin the Wheel and answer nutrition trivia to win food themed prizes. Talk better sleep tips with EB Health Educators and enter our raffle for sleep promoting prizes. See Hopkins Groups event for details.

For disability accommodations email cspenc29@jhu.edu.



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Student Health & Well-Being