



Tips for a Better Night's Sleep

May Webinar Buffet
Available May 1st through May 31st

Our best days begin the night before... In today's fast-paced world, a good night's sleep is often the first thing to go. Sleep appears to be important in terms of memory function, regulating emotions, and a strong immune system response. In this video webinar with Trish Hart, you will develop an understanding of what causes sleep deprivation and what you can do to prevent it and remedy it. You will leave armed with solutions for a better night's sleep.

Register today at MIAWinners.org
See page 2 for complete registration instructions

Each month you must:

- Watch the entire webinar
- Answer 3 quiz questions about the webinar - you don't have to get them right
- Leave a comment about your strongest take-away from the webinar
- Complete the above before the end of each month - no back-tracking!

MIIA Webinar Buffet



Complete 7 of 12 monthly webinars, answer quiz questions, and comment on your take-aways to earn a \$50 gift card! Only MIIA/BCBS subscribers are eligible for a reward.

Registration Instructions

1. Go to www.miiawinners.org
2. **If you have a MIIA Winners account:**
Log in first, then follow instructions to enroll in this new program.
If you DON'T have a MIIA Winners account:
Use the "Proceed to Registration" button on the MIIAWinners home page.
3. Enter the Registration Code: Buffet2021 (case sensitive)
4. Fill out the registration form.
5. Once you have registered, you may access the program.