

Mayor Michael Dachisen and the Rockaway Township Council
present a Township of Rockaway Division of Health program:

Are you dreaming of a good night's sleep?



March 20, 2018

4:00pm – 5:00pm

Rockaway Township Public Library

61 Mt. Hope Road, Rockaway, NJ

*The National Sleep Foundation recommends that
adults need 7-9 hours of sleep every 24 hours*

*Sleep deprivation has a huge effect on mood, appetite
and energy, and can have long-term effects*

*Join experts from the Atlantic Health Sleep Center
as they share tips for getting a good night's rest*

To register, call the Rockaway Township Division of Health at 973-983-2848

