



FITNESS PASSPORT WEBINAR

FIND YOUR RHYTHM:

The Connection Between Sleep, Exercise, and Wellbeing

Presented by Dr. Yu Sun Bin, Research Fellow – Sleep Epidemiology at the University of Sydney’s Faculty of Medicine and Health, the webinar will focus on the importance of sleep, the key elements of sleep hygiene, and the impact of physical activity on sleep and circadian rhythms.

WHEN:

Wednesday, 12th February 2025

12:00-1:00PM AEDT

WHERE:

Live Teams Webinar



[**REGISTER HERE**](#)

INCLUDES A PRE-EVENT SURVEY ON
SLEEP KNOWLEDGE & BEHAVIOUR