



## Excelling at Work & Life

Presented by TriHealth EAP®



## Webinar | Sleep Well

Wednesday, Nov. 13, 10:00 – 10:30 a.m.

Thursday, Nov. 21, 12:00 – 12:30 p.m.

Getting enough sleep is critical to both our physical and emotional wellbeing, yet 70 million Americans suffer from some type of sleep disturbance. This 30-minute presentation will explore the importance of sleep and help participants develop an understanding of what is required for restful sleep. We will also look at the common causes of sleep disturbance and review any helpful tips to improve sleep and be well rested.



Judith Gissy, LPCC, LICD,  
NCACII, SAP  
TriHealth EAP, Treatment  
Coordinator

Judith Gissy is a master's level licensed professional clinical counselor, and a licensed independent chemical dependency counselor. She has worked as an addictions counselor for the past 40 years, where she has also worked with a broad array of mental health and emotional wellness issues. She currently works as a treatment coordinator and trainer with TriHealth EAP, where she conducts individual counseling sessions, employment-related assessments, and trainings on a variety of subjects.

Scan the QR code to register.



To register, call 513 977 2165,  
scan the QR code, email  
[TriHealthEAP-CST@TriHealth.com](mailto:TriHealthEAP-CST@TriHealth.com)  
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