STAY WOKE
TAKE A NAP

Nov. 11
2021
9:30 A.M. - 4 P.M.

Exploring Rest and Resistance amid the Great Resignation

SPEAKERS:

Khaliyah O. Guillory
Founder/CEO of Nap Bar Houston and Certified Sleep Specialist

Kemonta Jackson, M.A.
Program Coordinator, Call Me MiSTER

Liza Barros Lane, Ph.D., LMSW
Assistant Professor of Social Work

Pop in for a power nap under the care of a certified sleep expert, grab a nappuccino, and then stick around for a panel discussion featuring local experts sharing valuable insight and practical tips for thriving in an unprecedented moment of collective burnout. You don't want to miss this!

REGISTER AND RESERVE YOUR NAP TIME TODAY!