

Better Sleep Better You!

**INSTRUCTOR:
BETHANY S. ENSZ, M.S.**



Sleep is the cornerstone of our health. During appointments where we discuss some facet of our health, we often get the question, "and how are you sleeping"? Our mental, emotional, and physical health all hinge on sleep. In a society that is overworked and under rested many believe that sacrificing sleep will make us more productive. In reality sacrificing sleep accomplishes the opposite. How can busy legal professionals get quality sleep without sacrificing our productivity?

We will discuss small habit changes from circadian rhythms to room makeovers that can immediately improve your sleep quality. Choose which habits will work best for your practice of law, your lifestyle, and your health.

**DEC. 3, 2024
12:00 PM - 1:00 PM**

**LPI Member \$25
Non-LPI Member \$55**



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About the Trainer



Bethany S. Enszt, M.S., works as a Legal Research and Analysis instructor at UCSD Division of Extended Studies. Before teaching, Bethany worked as a corporate paralegal and office manager for Breakwater Law Group, LLP and was with Sheppard, Mullin, Richter & Hampton LLP prior to that. Bethany is a graduate from Indiana University with a Bachelor of Science in Criminal Justice and a minor in Psychology and earned a Master of Science in Legal Studies from the University of San Diego School of Law. She earned her paralegal certification from UCSD Division of Extended Studies, where she was inducted into the LEX Honor Society.

This webinar is approved for California Minimum Continuing Legal Education (MCLE) credit, including competency credit, in the amount of 1.0 credit hour. This webinar is also approved for 1.0 hour of CCLS credit.