

Mid-Michigan District  
HEALTH DEPARTMENT

CLINTON • GRATIOT • MONTCALM

Mid-Michigan District Health Department  
BOARD OF HEALTH  
**Healthy Living Recommendation**

*April*

Is your child getting enough ZZZs?

Youth should get over 7 hours of sleep a day, but most do not. A lack of sleep can lead to increased risk of chronic conditions. Make sleep a priority!

