

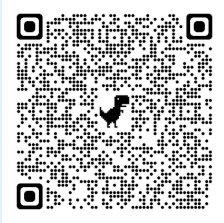

# HEALTH & WELLNESS LIGHT THERAPY



## DESCRIPTION

Light therapy can help improve your mood, focus, sleep, and energy. Enjoy the benefits of this light in your home, office, dorm room, or while traveling.

## RESOURCE GUIDE

Resource	Description	Login link/QR code
SCCLD: Booklist	Check out these resources at SCCLD	
SCCLD: Kanopy	Documentary on Kanopy	
SCCLD: Kanopy	PBS Documentary on Kanopy	