

March

Know Your Sleep A to Zz's Approved for Standard of Excellence Points

Friday, March 13, 2020.....9:30 a.m.

.....Deal Six Auditorium

Presenter: Lida N Osbern, M.D. with Reed Medical Group, Lawrence KS

Sleep is essential to our health and well being. During sleep our bodies heal, rest, repair, de-stress and bolster our immune systems. Sleep helps keep our emotions on a level plane and allows us to deal with stressful situations.

Learn about the importance of sleep, identify symptoms of sleep disorder, encourage frankness with health professionals about signs and symptoms related to sleep disorder.