

Tips for a Better Sleep for Older Adults and Seniors

Via ZOOM in English

Content:

- Sleep Hygiene
- Sleep Apnea
- Medications for Sleep

Date: June 17, 2022 (Friday)

Time: 10:00am-11:00am

Speaker: Angela Shi, RN, CCN, BScN
Nurse/Clinic Manager

Boyd Hao, PharmD, RPh, CDE
Pharmacist

For More Information or to Register:

Call Elsa Uy: 419-493-3333 ext.305 or EMAIL: elsa@splc.ca

Please Register Before June 14, 2022.

ZOOM link will be provided upon registration



All Adults, Seniors and Caregivers of Aging Relatives Are Welcome!