

**Need a
good night's
sleep?**



Mid Coast
Senior Health Center

*Ounce of
Prevention
Series*

Monday, April 11, 11 a.m.–NOON

LEARN *the who, what, where,
when & why of* **Sleep Apnea**
from

Hal Sreden, MD

*Medical Director of MID COAST HOSPITAL'S
Sleep Disorders Center*

Monday, April 11, 11 a.m.–NOON

Community Room
Mid Coast Senior Health Center
58 Baribeau Drive, Brunswick

FOR MORE INFORMATION,
call **373-3646**.



**MID COAST
SENIOR HEALTH CENTER**

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A Continuing Educational Series Dedicated To Your Good Health.