St. Catherine of Siena Mental Health Ministry Team Educational Forum

Thursday, January 24, 2019 7:00-9:00 PM
St. Catherine of Siena Parish
Music Room, Victoria Hall
814 NE 85th Street
Seattle, WA

Sleep and Mental Health

Please join us for a presentation from the Center for Innovation in Sleep Self-Management from the University of Washington School of Nursing. Good sleep hygiene, sleep deprivation and health consequences (mental and physical), changing sleep needs across the lifespan, sleep disorders and sleep aids (prescription and OTC) will be discussed.

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