



Trouble
Sleeping?

Sleep apnea and snoring
is a preventable condition.



Southern Maryland A.W.A.K.E. Meeting

(Alert, Well And Keeping Energetic)

A Health Awareness

(Sponsored by *America's HealthCare at Home*)

This is a free, open to the public, support group for patients, friends, family, and anyone else interested. Free admission and parking.

Thursday, August 16th
6:00pm – 8:00pm

850 Costley Way
Prince Frederick Public Library
(Meeting Room #2)
Prince Frederick, MD 20678

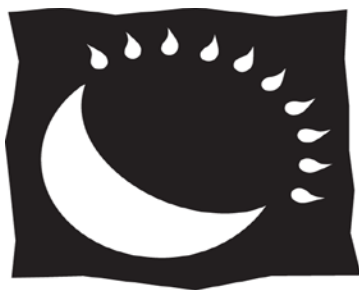
Refreshments will be served.

Please RSVP limited seating
Call Ron: 410-414-6185 or 410-414-6550
Or Laura: 301-672-4138

Topic for Discussion:

Presentation on Sleep Apnea

by Dr. Kim Goring



American
Sleep Apnea
Association