




Trouble   
Sleeping?



## 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

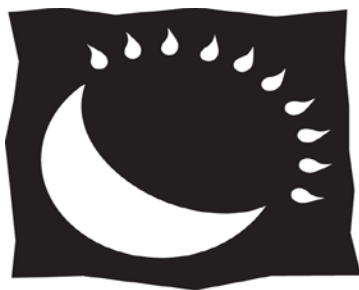
Refreshments will be served.

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