



A Seniors United Now (SUN) Chapter Event

SLEEP DISORDERS AND THEIR MANAGEMENT

- Sleep Apnea- What it is, risk factors, what to look for
- Diagnosing Sleep Apnea in Alberta- Private vs Public, assessment and gaining access to diagnosis and treatment
- Sleep Apnea Treatment- CPAP, BiPAP, ASV, and attaining adequate funding (Seniors Benefits)
- Insomnia

Presenters:

Holly Scott: Unit Manager, University of Alberta Hospital,
Sleep Disorders Laboratory

Paul McCann: Sleep Nurse Clinician, Sleep Medicine Program,
University of Alberta Hospital, Sleep Disorders Laboratory

Thursday May 28, 2015

Registration: 1:00 pm Presentation: 1:30 pm

**Whitemud Crossing Public Library – Program Room
4211 – 106 Street (just South of Whitemud Drive at 106 St)**

Members and non-members welcome

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www.seniorsunitednow.com