

SLEEP HEALTH SUPPORT GROUP

Penn Highlands DuBois

Sleep Issues?
Sleep apnea?
Using CPAP?
Live better!
Sleep better!

The experts from the Sleep Lab at Penn Highlands DuBois can help you!

Meetings are held quarterly on the second Tuesdays of September, December, March and June from 6:00 - 7:30 PM in second floor waiting room, DuBois Community Medical Building, 621 S. Main Street, DuBois, PA.

We have different speakers available along with a sleep technologist to answer questions.

All events are also listed on our website by visiting www.phhealthcare.org.

For more information call us at **814-375-3223**.



www.phhealthcare.org

