

# Free Community Education Program

**FALL  
2024**

Registration is required!

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## Breathe Easy: Managing Sleep Apnea for Better Health

**Date:** Monday, December 9

**Time:** 5:30 p.m. - 6:30 p.m.

**Site:** Live Webinar (Zoom)

Sleep apnea is a disorder that causes you to stop breathing while asleep. Your brain tries to protect you by waking you up enough to breathe, but this prevents you from a restful, healthy sleep. Over time, this condition can cause serious complications. Join Pulmonologist Dr. Dilpreet Kaur as she provides an overview of the disorder, symptoms to look for, and what causes sleep apnea. She will also share information on how to manage and treat sleep apnea as well as ways it can be prevented.

Every year, we dedicate time and resources to enhance the overall health and wellness of our communities by offering FREE educational programs to individuals and families. We invite you to join us and our healthcare providers in one of our many health education lectures.



Scan the QR Code to register online  
or call 860.533.6550 for assistance.

**ECHN**<sup>SM</sup>  
Eastern Connecticut Health Network