

good sleep

BON SECOURS SLEEP DISORDERS CENTERS

Join us
for a **FREE**
educational
seminar

Nighty-Night, Sweet Heart!



The connection between a good night's sleep and a healthy heart

Are you at risk for sleep disorders, such as sleep apnea?
Learn how sleep disorders can greatly affect your cardiovascular health.
Understand what you can do about it.

PROGRAM SCHEDULE

- 6 PM Registration & Refreshments
 - 6:30 PM Dr. Gerard Santos & Dr. Vikas Rathi discuss the Cardiovascular Effects of Sleep Apnea
 - 7 PM Questions & Answers
- Door prize awarded after Q&A Session: one per event

PHYSICIAN SPEAKERS



Gerard Santos, MD; Diplomate of Sleep Medicine, ABIM; Medical Director of Bon Secours Sleep Disorders Centers



Vikas Rathi, MD; FACC; Director of Cardiovascular MRI, Bon Secours Richmond Health System

THREE CONVENIENT LOCATIONS & DATES

Memorial Regional Medical Center Thursday, February 16

Medical Office Building I
Community Education Room
8220 Meadowbridge Road
Mechanicsville, VA 23116

St. Francis Medical Center Wednesday, February 22

Assisi Room
13710 St. Francis Boulevard
Midlothian, VA 23114

Bon Secours Heart and Vascular Institute Wednesday, February 29

Education Center
7001 Forest Avenue
Richmond, VA 23230

Please register for a **FREE** seminar by calling
804-698-0615 or emailing BSR-SleepLab@bshsi.org



**BON SECOURS
SLEEP DISORDERS CENTERS**
Bon Secours Richmond Health System



ACCREDITED
MEMBER CENTER

Good Help to Those in Need®