



Sleep your way to health

# Sleep Workshops

For all City of Rutland Employees choose from any of the times & locations below.  
Provided by Center For Sleep Disorders, Rutland Regional Medical Center

**November 9th 8:00-9:00 AM - at Waste Water Treatment**

**November 9th 12:00-1:00 PM - at Police Department**

**November 14th 6:00-7:00 PM - at Fire Department**

## Learn about:

- Sleep apnea (what is it, causes, treatment)
- Side effects of poor sleeping habits
- Good Sleep Hygiene
- 3rd/2nd Shift Sleepers
- Where to go for more information
- Questions/Answer

**Sleep is important** for your physical and emotional health. Getting enough sleep can help your mood and make you feel less stressed. Sleep may also help you stay healthy by keeping your immune system strong and your metabolism high to help you maintain a healthy weight.

**Questions?** Contact a wellness team member:

April: 773-1822      Tim: 773-1816

Dave: 773-1855      Suzanne: 774-8398

Judy: 770-5366      Bill: 773-1812

If you leave a message, say it is for wellness.

