

Exploring the science of sleep, disorders, treatment solutions

March 28, 2022



Each of our bodily systems rely upon our ability to get adequate sleep to function properly. By contrast, sleep occurs when we have a functional balance within our bodily systems.

Most sleep disorders are symptoms of a disruption within one or more of these bodily systems. This presentation explores our most common sleep disorders and their origins.

Please join from 2-3 p.m. Friday, April 8, at the Newport 60+ Activity Center as Michael Stout, lab coordinator/lead at Samaritan Pacific Sleep & Neurodiagnostics Lab, shares how we can achieve a balance between good sleep and overall wellness by modifying our lifestyle choices.

Stout will answer questions as they arise but will also have a time for questions and answers at the end of the presentation.

To register for this presentation, go online to: www.newportoregon.gov/sc and click on the banner “Browse the catalog and register.” In the catalog you may view a listing of additional events, classes and educational presentations. For additional information, call the office at 541-265-9617, or stop by at 20 SE 2nd Street, Newport, OR. Find the center on Facebook: www.facebook.com/NewportSeniorActivityCenter.