

Jewish Family Service Lecture Series



The Seven Myths of Sleep

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This is the third in a four-part Lecture Series.

COMMON MYTHS ABOUT SLEEP

- ✦ Everyone snores; it's no big deal
- ✦ My fatigue is all in my head
- ✦ Driving with the window open keeps me awake when I'm sleepy
- ✦ I'm not overweight, I can't have sleep apnea

....Just a few of the many misconceptions surrounding this basic, yet often elusive, biological need. Increased stress, our 24/7 society and enlarged waistlines have all contributed to an epidemic of disturbed sleep.

Find out how you can stop tossing and turning and get a good night's sleep!

Thursday, March 15, 2012

FREE AND OPEN TO THE PUBLIC

7:00 p.m.

Temple Har Shalom
3700 North Brookside Court
Park City, Utah 84060

**Pre-registrants will receive a complimentary copy of
the book, "No More Sleepless Nights."**

RSVP to 801.746.4334 or elizabeth@jfsutah.org

