



MEDIA ALERT

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ANTELOPE VALLEY HOSPITAL FREE HEALTH LECTURE SNORING AND SLEEP APNEA

- WHAT:** Antelope Valley Hospital (AVH) Community Health Education Lecture Series presents "***Tired of Being Tired? Snoring and Sleep Apnea Causes and Solutions.***" Snoring is not only a nuisance to your sleeping partner – it can also have serious health consequences. This lecture will discuss the causes, symptoms, prevention, and treatment of snoring and sleep apnea.
- WHO:** Michael Simmons, DMD
The Dental Sleep Center
- WHEN:** Thursday, January 24, 2008
6:30 – 7:30 p.m.
- WHERE:** Antelope Valley Outpatient Imaging Center
44105 N. 15th Street West,
4th floor – Conference Room 15
Lancaster, CA
- WHY:** The Antelope Valley Hospital (AVH) free community health education lecture series are led by some of the Antelope Valley's most respected medical specialists. Participants will learn about up-to-date information on a variety of current health issues, from snoring and sleep apnea to heartburn treatments and diabetes complications. Attendees will also have the opportunity to meet and talk with the AVH physicians who treat these conditions every day.
- All lectures will be held on select Thursdays of each month.
Reservations are required for the free lectures. For a complete list of the lectures, please go to www.avhospital.org
- RSVP:** Karen Shea, manager of marketing and public relations at AVH
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