



**Thursday, August 10**

12-1 p.m.

**RSVP today**

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[sutterebi.org](#).

Registration is required.

## **Sleep: It's Powerful Medicine**

We spend a third of our lives doing it (if we're lucky), yet most of us know very little about sleep and why it's so important to our health. Sutter sleep specialist, Anit Patel, M.D., is an expert on the topic, and he's going to share some of his insights in this livestream event. Join us to explore:

- How sleep effects your physical health
- The impact of sleep on your emotional health
- Signs and symptoms of common sleep disorders
- The repercussions of not getting enough good quality sleep

*YouTube access required.*