

Is Your Teen Getting Enough Sleep?



Teens and Sleep – A Wake Up Call

Insufficient sleep gets worse as children become teenagers. While most students know they're not getting enough sleep, many parents are unaware. Learn about the common sleep issues teens face and tips on how to prevent them.

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Wednesday, April 21

7– 8:30 p.m.

The Valley Hospital

Conference Center

Registration is required.

Please call 1-800-VALLEY 1

(1-800-825-5391)

or register online at

www.valleyhealth.com/events

