Senior Provider Information Network

Portland Metro Area www.spinportland.org

Presents

"Understanding Sleep and your Health "

William S. Herzberg, MD

Date: Monday, April 28th, 2008 **Time:** 3:00-5:00 p.m.

Location:
The Stafford
1200 Overlook Dr
Lake Oswego, OR 97034

Maps
503-636-4589

--1.0 CEU applied for from Board of Examiners of Nursing Home Administrators--

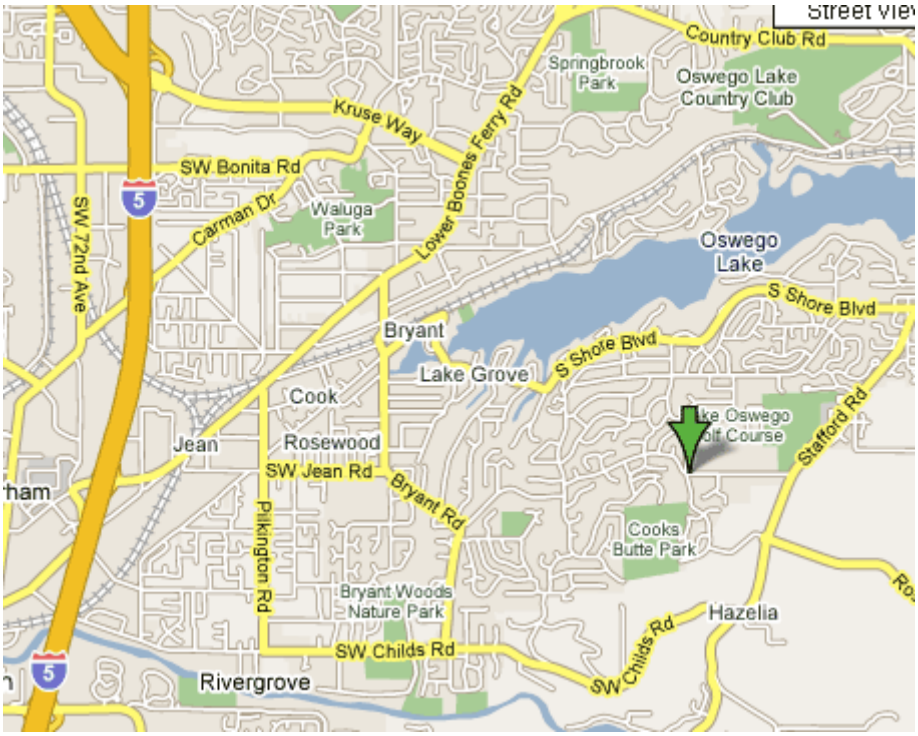
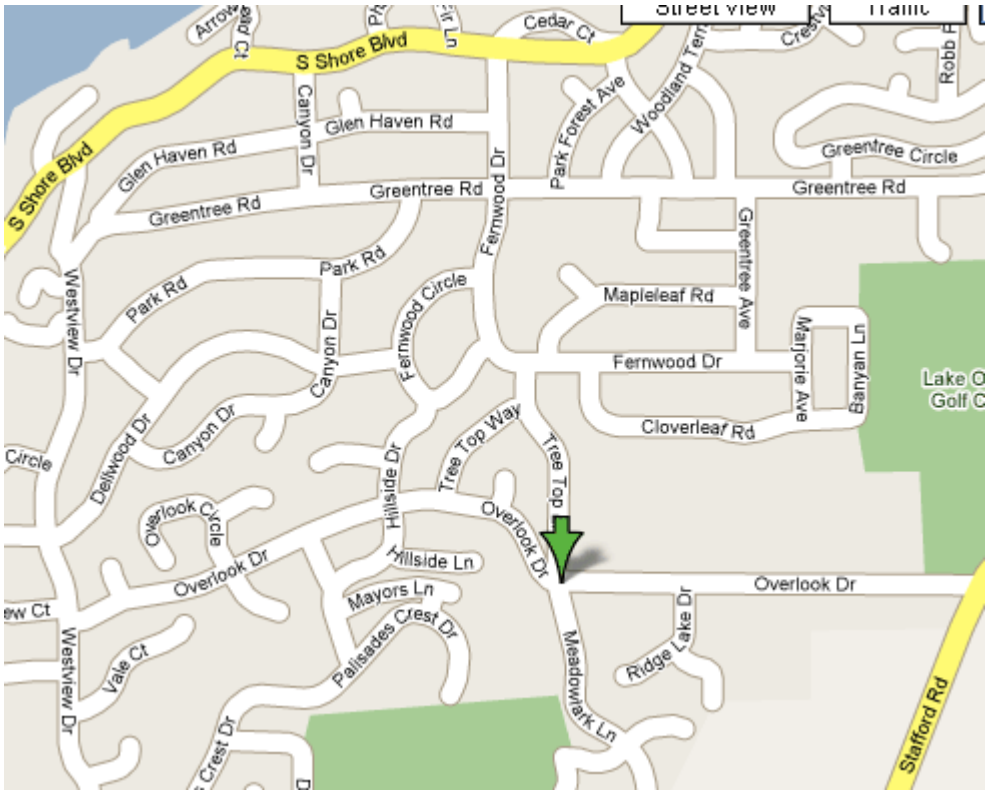
If you plan to attend, let us know at "RSVP Now!" on the SPIN website*
www.spinportland.org
(This is important for speakers copying handouts and facilities preparing refreshments!)

*You may also sign up to receive e-mail reminders of meetings or unsubscribe from receiving reminders.

Please join William S. Herzberg, MD as he discusses sleep disorders. More than 70 percent of Americans report some type of sleep problem. While a sleep disorder bothers us at night, the results are often daylong: sleepiness at work, drowsy driving, or forgetting things. This is not good and worse is that this can also cause serious health issues: high blood pressure, stroke, diabetes and other long-term medical conditions.

Please Forward and/or Post This Invitation for Others Who May be Interested

SPEAKER: William S. Herzberg, MD came to this clinic in 1994 and is the Medical Director of our Sleep Disorders Center. He obtained his medical degree in 1989 from The Stanford School of Medicine in Palo Alto, California. He also went on to complete his residency in Neurology as well as a fellowship in Sleep Medicine. Dr. Herzberg obtained additional fellowship training in Neuromuscular and Neurophysiology at California Pacific Medical Center in San Francisco. He is Board-certified in Neurology, Clinical Neurophysiology and Sleep Medicine and has served as a Clinical Associate Professor at Oregon Health Sciences University.

The Stafford

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