

# ***GOOD SLEEP IS KEY TO LONGEVITY***

**A Chinese Heritage Club**

**sponsored medical seminar**

**SLEEP APNEA affects 24% of adults and 80% of seniors 65 years & over. INSOMNIA affects 30% of adults.**

**HERE IS YOUR ANSWER!**

**Anthony Chan, MD, MBA, FAHA, FACC, RPSGT, FAASM will present a talk and answer questions. Dr. Chan is board certified by the American Board of Internal Medicine and Subspecialty Board of Cardiology & Sleep Medicine.**



**DATE: 10/16/16 Sunday**

**TIME: 2 – 4 pm**

**PLACE: Morris Room,  
Independence Center**

**FREE**

