

NEWS RELEASE

FOR IMMEDIATE RELEASE

FOR MORE INFORMATION, CONTACT

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April 19, 2011

SLEEP SUPPORT GROUP MEETS APRIL 25

SEDALIA, MO – Bothwell Regional Health Center's A.W.A.K.E. (Alert, Well and Keep Energetic) support group will meet at 5:30 p.m. on Monday, April 25, in the Bothwell Education Center, East 14th Street and South Ingram Avenue.

A.W.A.K.E. is for any person who has been diagnosed with a sleep disorder, thinks they may have a sleep disorder or has a family member with a sleep disorder. Participants learn more about sleep disorders and are able to provide support and offer suggestions on coping mechanisms to others who share problems sleeping.

Diabetic Educator Kathy Woolery will discuss the connection between diabetes and sleep disorders. Sandwiches and drinks will be provided.

For more information, please contact Nancy Lansing at (660)827-9320.

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Bothwell Regional Health Center is a 140-bed regional health center serving west-central Missouri with state-of-the-art technology and comprehensive health and wellness services including surgical, cancer, orthopedic, endovascular/cardiac, women's health, and therapy services. For more information on Bothwell Regional Health Center and its services, visit the web site at www.brhc.org.