



Are You Worried About Your Sleep?

A free educational talk on sleep and insomnia



- Why is sleep important?
- How common are lack of sleep and insomnia?
- What are the racial/ethnic differences in sleep?
- How are sleep and health related?
- What treatments are available for sleep problems?
- Research studies available on sleep health

Presenter: Carmela Alcantara, PhD
Associate Professor of Social Work
Columbia University School of Social Work

Date: Wednesday, August 9, 2017

Time: 5:30PM – 7:00PM

Location: Columbia Community Partnership for Health
390 Fort Washington Avenue, Ground Floor
New York, NY 10033

- ➔ A free event open to all
- ➔ The talk will be in English and Spanish
- ➔ Refreshments will be served



To RSVP call:
(646) 697-2274