



COMMUNITY HEALTH EDUCATION

We invite you to join local health experts in our ongoing Community Health Education series.

Questions?
Call **(888) 688-4920** or
e-mail ache@asante.org



MEDICAL MISSION TO HAITI

*Presented by
Corey Kahn, DO of RVMC, Emergency Department and
Brad Personius, MD, FACC of Southern Oregon Cardiology, LLC*

MEDFORD: LUNCH AND LEARN

Tuesday, June 21 | 11:30 a.m. to 1 p.m.

Smullin Health Education Center | 2825 East Barnett Road

No fee. Lunch will be provided. Space is limited and registration is required. Please call **(888) 688-4920** or register online at www.rvmc.org/classes-events.

Two local physicians will share their experiences in medical trips to the areas of Haiti, devastated by the 2010 earthquake, through pictures and video. More importantly, they will discuss how they found the resources to support them in their missions and how others can join in the efforts to save Haiti.

SLEEPING SOUNDLY IN 2011

*Presented by Michael Schwartz, MS, RPSGT
Rogue Valley Sleep Center*

MEDFORD: LUNCH AND LEARN

Wednesday, June 29 | 11:30 a.m. to 1 p.m.

Smullin Health Education Center | 2825 East Barnett Road

No fee. Lunch will be provided. Space is limited and registration is required. Please call **(888) 688-4920** or register online at www.rvmc.org/classes-events.

When you wake up in the morning, are you refreshed and ready to go, or groggy and grumpy? For many people, the second scenario is all too common. One in five Americans sleep less than six hours a night—a trend that can have serious personal and public health consequences. Insufficient sleep can make you too tired to work efficiently, to exercise, or to eat healthfully. Over time, sleep deprivation increases the risk for a number of chronic health problems, including obesity, diabetes, and heart disease.

Visit our Web sites at www.rvmc.org and www.trch.org