



## "Deaf Health Talk"

Sponsored by a Grant Provided by the Center for Community Health  
In Collaboration with RRCD's **R.E.A.P**  
DHCC is a Community Committee of the NCDHR

Topic: **"Trouble Sleeping?- *Sleeping Disorders Overview*"**

Date: November 10, 2009

Time: 6:00-7:30 PM

Location: Rochester Recreational Club for the Deaf  
1564 Lyell Avenue, Rochester, NY 14606

We will talk about prevention strategies as well as possible treatments. The talk will be provided in American Sign Language.

Areas of discussion:

1. Causes of poor sleep
2. Health benefits of good sleep
3. Treatment of sleeping problems

- There will be a question and answer time for you to ask both the doctor and deaf health educators!
- Healthy refreshments will be served.

**Come and join the fun as you learn important points that can help you lead a healthier life!**

\* Over the course of one year, "**Deaf Health Talks**" will offer different health topics in American Sign Language. It will allow Deaf people to learn about health topics in ASL.

*SAVE THE DATE! Next Deaf Health Hot Talk: December 10.*