



Health & Wellness 2019

Sleep: Do you get enough?

Saturday, March 16 1:30 – 2:30pm

Farioly Program Room

Sleep is something our bodies need to do; a basic human need, it is not an option. During sleep many of the body's major organ and regulatory systems continue to work actively. Some parts of the brain actually increase their activity dramatically and the body produces more of certain hormones. Sleepiness due to chronic lack of sleep is a big problem in the United States.

Dr. Kenneth Hollman, DACM, will cover the three natural solutions to sleep problems: vitamins, exercise, and physical treatment. There are treatable reasons for sleep problems and sleeping pills only mask the problem.

Presenter: Dr. Kenneth Hoffman, DACM, L.Ac. is the Medical Director and founder of SOPHIA Natural Health Center in Brookfield, CT. SOPHIA combines the traditional healing arts of Chinese and Naturopathic Medicine with modern science. He is the host of "The Natural Medicine Connection" on WLAD Danbury radio (800WLAD on the AM dial) on Saturday mornings.



FREE! Registration is required online at danburylibrary.org, click on "View Calendar" or call 203.797.4505, ext. option 3.

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