

## **HCH Center for Sleep Disorders holds A.W.A.K.E Meeting**

Written by Administrator

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Harrison County Hospital's Center for Sleep Disorders will host an A.W.A.K.E. support group meeting on Tuesday February 17 at 7 p.m. in Parvin Baumgart Education Center at the Hospital, located at 1141 Hospital Drive NW in Corydon.

A.W.A.K.E. stands for Alert, Well and Keeping Energetic and is a health awareness group for people affected by sleep apnea and other sleep disorders, including daytime sleepiness, fatigue, snoring, restless leg syndrome, insomnia and narcolepsy. Our group is part of the National American Sleep Apnea Association which promotes better health, and recognition of sleep disorders to those who are affected, and their families. The purpose of these meetings is to provide support through education and the sharing of ideas and information among those who are affected by sleep disordered breathing.

The meeting is free and open to the public. For more information please call (812) 738.7892.