



Sleep, Ageing and the Brain

As we get older, our sleep patterns change. This can be part of the natural ageing process... or turn into a more serious sleeping disorder.

Join us in this one-hour presentation where we'll take a closer look at sleep, ageing, and the brain and what you can do to get a better night's sleep.

Speaker: Desiree Pule, Certified Health Coach

Date: 16th May 2023

Time: 10h30

Place: Large TV Area

RSVP to Reception for seating purposes