

Impact of Sleep on Diabetes

Living with Diabetes: Risk Reduction

Join Dr. Pascal Ngongmon, Sleep Medicine Specialist and Medical Director of Sleep and Wake Disorder Center at Mary Washington Healthcare, as he discusses the importance and benefits of a good night sleep, how sleep and diabetes affect each other and what we can do to improve quality of sleep.



Thursday

May 20, 2021

7:00 p.m. – 8:00 p.m.

Virtual Meeting via
Microsoft Teams
<http://bit.ly/Impact-Sleep-Diabetes>



Mary Washington Healthcare

Here for You.

Diabetes Self-Management Education & Support Services