



JANUARY 2020 SEMINARS

Sleep Quality- How It Can Affect All Aspects of Your Life

Wednesday, Jan 8, 1:00 PM

Presented by Johnson Memorial Hospital, Dilpreet Singh, Supervisor Sleep Medicine and Casrdiopulmonary Rehab Dept

Sleep deprivation is a serious public health problem, and can affect all aspects of your life. Join us as we discuss some of the common disorders that can impact sleep and the importance of sleep on your health. Learn what can be done to improve sleep hygiene, and learn more about the latest treatment options available today and strategic ways to improve sleep quality.

EEE – Eastern Equine Encephalitis

Wednesday, Jan 22, 1:00 PM

Presented by North Central District Health Department

If you lived in Connecticut this past summer, you probably heard a lot about EEE. As reported by the U.S. Center for Disease Control and Prevention, in 2019, there was a significant outbreak of EEE in the U.S. If you are concerned and want to learn more about the EEE virus, the symptoms, and what you can do to protect yourself, please join the North Central District Health department for this EEE presentation.

The Golden Years of Television Comedy

Wednesday, Jan 29, 1:00 PM

Presented by Joe the History Guy

Do you have fond memories of “Lucy and the Chocolate Factory” or The Carol Burnett Show and the amazing cast. If Jonathan Winters, Foster Brooks and Abbot and Costello’s “Who’s on First” still make you laugh. Join us for this laughed filled presentation.

