

The Polish Cultural Club of Greater Hartford  
Cordially Invites Members and Guests to Enjoy a Lecture on

## **“SLEEP HYGIENE: 101”**

Presented by Christine Waszynski DNP APRN, GNP-BC

New  
Members  
Welcome



Free  
Lecture

Open  
To  
Public

**Thursday - April 25, 2019**

**6:00 PM General Meeting - 6:30 PM Lecture - 7:30 PM Refreshments**

**Polish National Home - Dining Room**

**60 Charter Oak Avenue - Hartford, CT**

Dr. Waszynski attended the University of Connecticut for her undergraduate and graduate degrees in nursing, and Sacred Heart University for her doctoral studies. She is currently the coordinator of Inpatient Geriatric Services at Hartford Hospital. She has received several awards from various groups for her innovative work in the field of Gerontological Nursing and has published a book and numerous articles in her field. She is a frequent speaker and lecturer at the local, regional and national level.

- **Come and learn how to optimize your sleep in order to stay healthy**
- **Discover the 10 most important foods and beverages to avoid**
- **Find out how exposure to natural sunlight affects your sleep**
- **Hear how to establish a relaxing evening sleep routine**
- **Maximize your sleep environment (noise, darkness, heat, sounds)**

The Polish National Home's Dining Room will be open before the event.

Questions/Information: 860.841.3477 (Lilia)

Handicapped Accessible - Convenient Free Parking - Open to the General Public