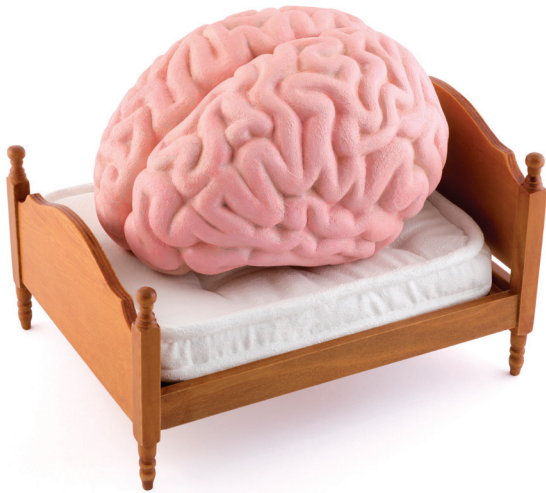


GRAY MATTERS

Free Brain Health Workshops



The Importance of Sleep and your Brain Health

Dr. Kenneth Moss,
Sleep Medicine, Henry Ford Health System

No matter how we choose to spend our days, we all spend our nights the same way—sleeping.
But the quality of our sleep can impact our brains.

Join us as Dr. Moss discusses the nature and importance of sleep, how to improve your sleep habits and behaviors and the signs to watch for if you have a problem with your sleep.

When: August 18, 2021

1-2:30pm

Register in advance for this Zoom event at:

https://zoom.us/meeting/register/tJcvd-6orjluG9BXyT8zvJey_a9VejG791jA

After registering, you will receive a link to via email to join the meeting.



About the Presenter:

Dr. Kenneth Moss, is a sleep medicine physician with Henry Ford Health System and treats patients at multiple Henry Ford locations. He is board certified by the American Board of Psychiatry & Neurology: Psychiatry and the American Board of Sleep Medicine. Dr. Moss graduated from St. George's University and has completed his post graduate work at Oakwood Hospital, Wayne State University and within the Henry Ford Health System. Dr. Moss's scope of practice includes insomnia, sleep apnea and sleep pharmacology.

To enroll, contact MindU@jfsdetroit.org or 248-788-MIND.

