

# CPAP Education & Support Group



Sleep Center

**Free Educational Classes for Patients with Sleep Apnea and Their Families**



## All About Sleep Apnea

**For Patients with Sleep Apnea and Their Families**

### **Class Topics:**

- What is sleep apnea?
- What causes sleep apnea?
- What are the symptoms and consequences of sleep apnea?
- What are your treatment options?
- What else can you do to help your sleep apnea?

**WHEN:** Tuesdays and Thursdays from 3:30 p.m. – 4:30 p.m.

**WHERE:** National Jewish Health, 1400 Jackson St, Denver, CO 80206

Go in the main entrance and take the Galter elevator down to the basement.  
Follow the signs to the Sleep Clinic check-in desk.



**Seating is limited.  
Please call 303.270.2708  
to reserve your spot.**

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