



COMMIT TO BE FIT

**Oro Valley Hospital invites you to Commit To Be Fit.
Join us for a series of free health and fitness lectures.**

THURSDAY, MARCH 1

How Sleep Helps You Get in Shape

What goes on inside your body while you are asleep? Find out how the wide-reaching effects of a “good night’s sleep” can enhance your exercise program.

In this lecture, learn about the key benefits you receive when you take control of your sleep habits. Improved mood, better metabolism, a stronger immune system and improved memory can all work together to help you achieve your best physical shape.

Speaker: Jyotsna Sahni, M.D., Board-Certified Sleep Medicine Physician

TIME	5:30 p.m.
LOCATION	Oro Valley Hospital, 1551 East Tangerine Road Classrooms

Space is limited. RSVP to 866-NW4WELL (866-694-9355)

or register online at OroValleyHospital.com and click on the “Community Education” tab.



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