



Hackensack
Meridian *Health*
JFK Medical Center



Are You Getting a Good Night's Sleep?

Lack of sleep can affect you in many ways. Join us and learn about sleep disorders and tips on how to get a better night's sleep.

Thursday, September 26, 2019
7 – 8 p.m.

South Plainfield Public Library
2484 Plainfield Avenue, South Plainfield

This event is free. Registration is required.
For more information and to register, visit
HackensackMeridianHealth.org/Events