

WALTER ALLEN MEMORIAL COMMUNITY LECTURE

Can You Sleep Your Way to Better Brain Health?



Stephen Smagula, PhD

Stephen F. Smagula, PhD, is an Assistant Professor at the University of Pittsburgh. He is trained in Epidemiology and Neuroscience, and conducts research investigating how sleep-wake rhythms reflect and affect brain health. In this community interactive talk, Stephen will discuss the impact of sleep and how it relates to mood and brain aging.

Thursday, October 25, 2018 @ 2:00 pm

Hill House Kaufmann Center
2nd Floor Conference Room
1835 Centre Avenue
Pittsburgh, PA 15219
(Located next door to the Hill House Center)

Refreshments provided

Please RSVP to Melita Terry at terrymh@upmc.edu or call 412 692-2712
by October 18, 2018

HOSTED BY:

