



NEWS RELEASE

FOR IMMEDIATE RELEASE

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CALENDAR ANNOUNCEMENT

**CHANDLER REGIONAL AND MERCY GILBERT MEDICAL CENTERS
PROVIDE FREE SEMINAR ON SLEEP HYGIENE**

WHAT: Join us for a FREE seminar as Jessica Olszewski, RPSGT, discusses the importance of a good night's sleep for your health. Ms. Olszewski is a registered sleep technologist and manager of Mercy Gilbert Medical Center's Sleep Center.

The following information will be discussed during the seminar:

- Good sleep hygiene is the key to a good night's rest
- Reasons why you are so tired

COST: FREE

WHEN: **Wednesday, September 19, 2012** from 5:30 – 6:30 p.m.
(Refreshments will be provided)
A tour of the Sleep Center will precede the presentation, at 4:30 p.m.

WHERE: Mercy Gilbert Medical Center
McAuley Conference Rooms A & B
3420 S. Mercy Road
Gilbert, AZ 85297

REGISTER: Registration is required. RSVP to ResourceLink at (480) 728-5414.

About Chandler Regional Medical Center

Chandler Regional Medical Center is located at 1955 West Frye Road (corner of Dobson and Frye Roads) in Chandler. Chandler Regional is a 243-bed, acute-care, not-for-profit provider of emergency care, family birth services, comprehensive stroke services, gastroenterology, cardiovascular services, wound healing and hyperbaric oxygen therapy, cancer treatment, neurosciences, orthopedics, general surgery and diagnostic services. For more information, please visit ChandlerRegional.org or call (480) 728-3000. Chandler Regional is an Equal Opportunity Employer (EOE). For information on doctor referrals, community classes or support groups, please contact ResourceLink at (480) 728-5414.

About Mercy Gilbert Medical Center

Mercy Gilbert Medical Center is located at the intersection of Val Vista Drive and Loop 202 (south of Pecos Road and east of Val Vista Drive). Mercy Gilbert is a 212-bed, acute-care, not-for-profit provider of emergency care, family birth services, diabetes management, comprehensive stroke services, gastroenterology, sleep studies, neurosciences, orthopedics, general surgery and diagnostic services. For more information, please visit MercyGilbert.org or call (480) 728-8000. Mercy Gilbert Medical Center is an Equal Opportunity Employer (EOE). For information on physician referrals or community classes and support groups, please contact ResourceLink at (480) 728-5414.

About Dignity Health™

Dignity Health™, headquartered in San Francisco, Calif., provides integrated, patient and family centered care. It is the fifth largest health system in the country with 10,000 physicians and 55,000 employees across Arizona, California, and Nevada. Through its network of more than 150 ancillary care sites and 40 acute care hospitals, Dignity Health™ is committed to delivering compassionate, high-quality, affordable health care services with special attention to the poor and underserved. In 2011, Dignity Health™ provided \$1.4 billion in charity care, community benefit and unreimbursed patient care. For more information, please visit our website at DignityHealth.org.