



2018 Brevard A.W.A.K.E. Sleep Awareness Group

Health First Sleep Center is hosting an A.W.A.K.E. (Alert, Well, and Keeping Energetic) health awareness group for people affected by a sleep disorder. Our goals are to:

- Educate and encourage those affected by sleep disorders (including spouses & partners)
- To inform the general public about sleep apnea and other sleep disorders
- To obtain medical care and testing when needed
- To manage diagnosed sleep apnea and other sleep disorders

At every A.W.A.K.E. awareness meeting you will have the opportunity to receive a free mask fitting and sleep screening, see newer model CPAP machines and masks, and enter to win raffle prizes. Meetings are held quarterly from **6 to 7:30 pm**. We hope to see you there!

- **January 15, 2018**
Health First Pro-Health & Fitness Center, Viera
8705 N. Wickham Road, Viera, FL 32940
- **March 19, 2018**
Health First Pro-Health & Fitness Center, Viera
8705 N. Wickham Road, Viera, FL 32940
- **June 25, 2018**
Health First Pro-Health & Fitness Center, Viera
8705 N. Wickham Road, Viera, FL 32940
- **September 17, 2018**
Health First Pro-Health & Fitness Center, Viera
8705 N. Wickham Road, Viera, FL 32940

Health First Sleep Center locations:

Cape Canaveral Hospital
701 W. Cocoa Beach Cswy.
Cocoa Beach, FL 32931
321.868.5832

Palm Bay Sleep Center
5200 Babcock St. Suite 104
Palm Bay, FL 32905
321.724.0015

Viera Hospital
8745 N. Wickham Road
Viera, FL 32940
321.434.9133



ACCREDITED
MEMBER CENTER

We are a chapter of the Brevard
A.W.A.K.E. awareness group.

**Health
First**

Sleep Center