

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 and partners)
- Inform the general public about sleep apnea and other sleep disorders
- Obtain medical care and testing when needed
- 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 p.m.

▪ **Monday, January 21, 2019**

Health First Pro-Health & Fitness Center, Viera
8705 N. Wickham Road, Viera, FL 32940

▪ **Monday, June 17, 2019**

Health First Pro-Health & Fitness Center, Viera
8705 N. Wickham Road, Viera, FL 32940

▪ **Monday, March 18, 2019**

Health First Pro-Health & Fitness Center, Viera
8705 N. Wickham Road, Viera, FL 32940

▪ **Monday, September 16, 2019**

Health First Pro-Health & Fitness Center, Viera
8705 N. Wickham Road, Viera, FL 32940



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

Visit HF.org/Sleep or contact
Sleep@Health-First.org
for more information.

Viera Hospital

8745 N. Wickham Road
Viera, FL 32940
321.434.9133

Cape Canaveral Hospital

701 W. Cocoa Beach Causeway
Cocoa Beach, FL 32931
321.868.5832

Palm Bay Sleep Center

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