

LOOKING AHEAD

2017 WELLNESS SERIES



Navigating the Second Half

Goodnight to Insomnia

Join Dr. Richard Kanak as he discusses understanding and treating sleep disturbances.



Richard J. Kanak, MD, FCCP, FAASM

Board-Certified Sleep Physician

Peninsula Primary Care

Medical Director for CHOMP Sleep Disorders Center

Wednesday, August 23, 2017 2:30-4:00pm

The Carmel Foundation, Diment Hall

SE corner of 8th and Lincoln, Carmel-by-the-Sea

Healthy refreshments provided • Seating limited to the first 100



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