

# Kapiolani Community College visits Maunalani for Bi-Annual Talk



Join us for a presentation on

**SLEEP WELLNESS ACTIVITIES & EDUCATION**

**Monday, November 14**

**2:00 p.m. - 3:00 pm**

**Guest Speakers from KCC:  
Marina, Eryn, Jaydi and Mike**

Under the direction of Dr. Sheryl Shook

(Professor, School of Science and Sleep Study;  
and author of Herbs and Nutrients for Neurologic Disorders:  
Treatment Strategies for Alzheimer's, Parkinson's, Stroke,  
Multiple Sclerosis, Migraine, and Seizures)

For more info, contact Czar at 695-2872.