

Cancer and Sleep



Wednesday, September 22, 2021

2:00 p.m. - 3:30 p.m.



Dr. Eleni Giannouli

Assistant Professor, Department of Medicine,
University of Manitoba
Medical Director of Sleep Disorder Centre



Dr. Sheila N. Garland

Senior Scientist, Beatrice Hunter Cancer
Research Institute

**Join for a discussion with
Dr. Eleni Giannouli and Dr. Sheila Garland
and learn:**

- Why we sleep
- How much sleep is enough
- How cancer disrupts and changes sleep
- Strategies for sleep and the evidence for non-medication based treatments (eg. cognitive behavioural therapy; acupuncture)
- The importance of sleep in our health and recovery

This session will be offered online through Zoom.

To register, call: CancerCare Manitoba 204-787-2970 or 1-866-561-1026