



# Take Note: Cottonwood

## “Losing Sleep? How Sleep Disorders Affect Your Health”

Presented by:  
Jeffrey Arnold, M.D.  
Pulmonologist

Roughly 50 to 70 million Americans suffer from a chronic sleep disorder, whether or not they are aware of it. Constant fatigue can signal an underlying problem, which, left untreated, can stress the body and negatively impact health and longevity. Jeffrey Arnold, M.D., pulmonologist, will discuss the causes and consequences of poor sleep; when to consult a physician; and available treatment options.



5-6 p.m., Wednesday, Aug. 27  
Cottonwood Recreation Center  
150 S. 6th St.



Northern Arizona Healthcare  
Verde Valley Medical Center

[VerdeValleyMedicalCenter.com](http://VerdeValleyMedicalCenter.com)

**R.S.V.P. to**  
**928-639-6551**

Patients Are Our Purpose