



SLEEP APNEA, A PATHWAY TO CHRONIC DISEASE

BALANCED HEALTH SERIES
Information for your overall wellness.
FREE! Open to Y members & the community.

SEPTEMBER 29, 2022

12:00 pm–1:00 pm

FOND DU LAC FAMILY YMCA

BOARD ROOM

90 W 2nd Street

**REGISTER BY
CALLING 920.921.3330**



**PRESENTER: Stacy Degroot, RRT, Supervisor
of Respiratory Clinical Services,
SSM Health at Home**



SSMHealth.

Learn how to know if you have Sleep Apnea, when to seek treatment, and options for care. Understand how Sleep Apnea can cause, and/or enhance, chronic health conditions.

**Join this FREE community
presentation to learn
more.**