



SONOMA VALLEY HOSPITAL  
**FOUNDATION**  
*Inspiring Support for Sonoma Valley Hospital*

in partnership with

**UCSF Health**

presents

**THE 3<sup>RD</sup> ANNUAL WOMEN'S HEALTH SYMPOSIUM**

*Wake Up!*

**WHY I NEED TO SLEEP AND WHY I CAN'T**

**\$125 REGISTER HERE**

\$50 Livestream Available

**Learn from the UCSF sleep experts:**

- Why good sleep is elusive
- How gender, genetics and aging affect sleep
- Sleep aids, tracking devices, and medications
- The impact of dreams on sleep and much more ...

**JOIN US!**

**MAY 24TH, 2023 • 11:00 am – 2:00 pm**

*Symposium and Luncheon at Hanna Center*

11:00 am: Doors open and box lunches

12:00 pm: Presentation and Q&A

At conclusion, reception with guest physicians

*Meet our presenting UCSF physicians!*



Liza Ashbrook, MD  
Associate Professor, Neurology  
UCSF Weill Institute for Neurosciences



Ying-Hui Fu, PhD  
Professor, Neurology  
UCSF Weill Institute for Neurosciences



Andrew Krystal, MD  
Professor, Psychiatry  
UCSF Weill Institute for Neurosciences



Moderator: S. Andrew Josephson, MD  
Professor and Chair, Neurology  
UCSF Weill Institute for Neurosciences

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**Event Committee:** *Prema Behan, Lindsay Bennett, Kimberly Blattner, Suzanne Brangham, Leslie Conway, Susan Idell, Sharon Knight, Elizabeth Sealey, Caroline Sebastiani, Judy Vadasz*

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*Proceeds from the Women's Health Symposium benefit women's health and wellness services at Sonoma Valley Hospital.  
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