



## The Effects of Sleep on Learning and Memory

*Are our children suffering from sleep deprivation? What are the effects of lack of sleep on learning and memory? What could parents do to help children develop better sleeping habits? Let our dynamic husband-wife duo of board-certified pediatricians (Dr. Ken and Ursula Hemstead) walk you through the world of sleep and its effects on brain functions related to school success!*

*Childcare is available upon request. This service is available only for school-aged children.*



**When?** February 2, 2016

**Where?** Greenhills Elementary  
Multipurpose Room

**What time?** 6:30 – 8:30 pm



*Special thanks to the  
Eureka Schools  
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support.*

