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FOR IMMEDIATE RELEASE

11/18/2009

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**Sleep Apnea will be the topic
for South Lake Hospital's December Health & Wellness Series**

Clermont, Fla. – Sleep Apnea will be the educational topic of South Lake Hospital's December Health and Wellness Series being held at the National Training Center on Tuesday, December 3, 2009, from 6:00 p.m. to 7:00 p.m. The educational program will be presented by James Lucio, M.D., board certified in Pulmonary Internal & Sleep Medicine, followed by a short question and answer session.

Learn the signs and symptoms of sleep apnea, including severe snoring. How sleep apnea can affect your overall health and well being, as well as clinical evaluations, diagnosis, and treatment options for sleep apnea.

The event is free & open to the public. For more information and to register, please call 352.394.4071, extension 4412. The National Training Center, part of South Lake Hospital, is located at 1109 Citrus Tower Blvd. in Clermont on the hospital campus.

South Lake Hospital is a not-for-profit acute care community hospital, in partnership with Orlando Health. South Lake Hospital has been providing quality healthcare services to the South Lake County for over 60 years. For additional information about South Lake Hospital visit www.southlakehospital.com.

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