



Felician Village

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## FOR IMMEDIATE RELEASE

### Felician Village offers presentation about sleep

MANITOWOC, Wis. (May 14, 2019) - Felician Village will host a free caregiver class as part of its Caregiver College, *Sleep...What's That?* on Wednesday, May 22 at 2 p.m. in the Village Hall at Felician Village, 1635 S. 21<sup>st</sup> Street, Manitowoc.

Sleep is as important as diet and exercise to your well-being. Certainly how well you sleep affects how you feel during the day. It is just as true that things you do during the day can make sleep better or worse.

Join *Robert Pamentor, M.S., Registered Sleep Technologist and Sleep Disorders Medicine Consultant*, as he explains:

- The natural cycles of sleep
- How to promote and protect sleep
- Ways to assist your loved one in receiving a restful night's sleep so you can sleep well too.

To register, call 920-684-7171 ext. 329 or email, [fvmarketing@felicianvillage.org](mailto:fvmarketing@felicianvillage.org)

This class is being offered as part of several caregiver classes for the community throughout the upcoming year. "Caregiver College" will help caregivers enhance their skills and knowledge of caring for a loved one with Alzheimer's disease. For a complete list of 2019 classes, please visit [www.felicianvillage.org](http://www.felicianvillage.org).

- 30 -

### About Felician Village

Felician Village, a continuing care campus, has been providing housing and services for seniors through rehabilitation, independent living, assisted living and long-term care for more than 130 years. Felician Village is a Catholic organization that welcomes people from all faiths.

### Contact

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