

FREE IN-PERSON EVENT AT AEGIS LIVING LAURELHURST

Sleep: An Important Pillar of Health with Dr. Raj, Chief Medical Officer

Ever wonder why a good night's sleep makes you feel sharper, more energetic, and even happier?

Join sleep expert Dr. Raj to explore the connection between sleep and overall health, especially as we get older. He will discuss the challenges seniors face with sleep and share practical tips to help achieve a restful night—and unlock a healthier, more vibrant you!



DR. RAJ DASGUPTA, CHIEF MEDICAL OFFICER, AEGIS LIVING
MD, FACP, FCCP, FAASM

As a quadruple board-certified physician, Dr. Raj specializes in internal medicine, pulmonology, critical care, and sleep medicine. With a rich history of accolades from prestigious institutions, Dr. Raj applies his deep clinical expertise to improving the quality of life of every senior as they age. As a trusted expert in the field, he is a regular in media, appearing on various platforms and television shows such as Chasing the Cure, The Doctors, CNN, ABC News, and Inside Edition, and features tips on his podcast "The Dr. Raj Podcast."

Event location:
Aegis Living Laurelhurst
3200 NE 45th Street
Seattle, WA 98105

Thursday, April

18

4:00 - 5:30 pm

RSVP

Laurelhurst@aegisliving.com

206-204-8800

Aegis Living

Assisted Living | Memory Care

LAURELHURST