



## **Pulborough Patient Link**

**invite you to a Talk entitled**

# **GOOD SLEEP**

**- the key to health and  
happiness?**

*We spend 1/3 of our lives doing it, yet most of us haven't a clue what it is. Come and find out about SLEEP with the help of*

## **Dr Peter Venn**

**Lead Consultant, The Sleep Disorder Clinic  
Queen Victoria Hospital, East Grinstead**

**“A good laugh and a long sleep are the best cures  
in the doctor's book” – Irish Proverb**

**Pulborough Village Hall**

**Monday 29<sup>th</sup> October 2012**

**Doors open 6.30pm**

**Talk 7.00 – approx. 8.30pm**

**Refreshments and Raffle Draw 8pm**