The Alert, Well, and Keeping Energetic Meeting

6-8:30 p.m.; June 3, 2015; 450 Broadway, Redwood City, Ca.
2nd Floor Conference Room, Pavilion ‘B’

Sleep as Brain Food
An Exploration of the Dietary and Lifestyle Interventions for Promoting a Happy, Healthy, and Sharp Mind.

Alex Dimitriu is board-certified in psychiatry and sleep medicine, having completed a sleep medicine fellowship at Stanford University.

Dr. Alex Dimitriu

The Newcomer’s Discussion Session, 6-7 p.m.

The Newcomer’s Discussion Session provides the opportunity to ask questions, and learn from the collective knowledge of the group.

Join us for this energetic and informative session.

For questions or to have your address information removed from our distribution list please submit your request by e-mail awakeatstanford@gmail.com, or by telephone: (650) 721-7548.