Chinese Caregiver 華語照顧者 支持小組 Support Group

2025年8月15日

下午3: 30--5: 30

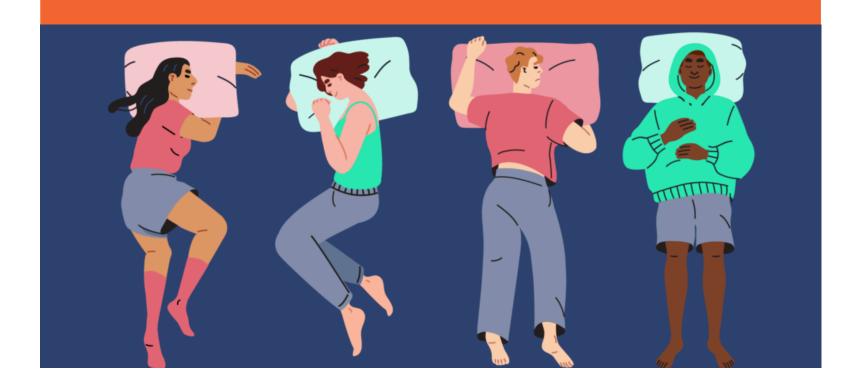
普通话讲座

(Workshop in Mandarin)

Insights from an RPSGT: You Deserve Better Sleep

RPSGT 注册多导睡眠监 测技师分享: 你值得更

好的睡眠





Polysomnography Sleep Study, Test for **Narcolepsy**

> 多导睡眠监测 嗜睡症监测



Obstructive Sleep Apnea(OSA) and its treatment options

阻塞性睡眠呼吸暂 停OSA及治疗选择



Tips for good sleep hygiene

睡眠卫生建议

Venue 地点: BNH South House, 3rd Floor 4460 Beresford Street, Burnaby

REGISTRATION 報名:

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Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island

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THE BURNABY CAREGIVER SUPPORT PROGRAM IS FUNDED BY THE **GOVERNMENT OF BC AND MANAGED BY UNITED WAY OF BC**

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Wauthuth (səİilẃətaʔɬ), Kwikwetlem (kwikwəððəm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (x^wməθk^wəýəm) nations with a unique focus on neighbours supporting neighbours.