

# Restorative Sleep Vitality Program



*To promote & support ongoing collaboration within the adult care continuum to create environments where the dignity & value of each individual who lives or works there is respected & celebrated.*

## Locations

### St. Louis

Holiday Inn St. Louis-Route 66  
10709 Watson Road  
St. Louis, MO 63127  
314-821-6600

### Kansas City

White Oak Living Center  
1515 W. White Oak  
Independence, MO 64050  
816-254-3500



## Part 1

### **Making a Night and Day Difference: Creating a Culture of Restorative Sleep**

Empira, a consortium of Aging Service providers in Minnesota, will share the findings from their Restorative Sleep program that has made a night and day difference for the residents they serve. This program was developed after identifying sleep fragmentation as a primary contributor to falls, behavioral expression, pain, incontinence, skin breakdown, unnecessary use of antipsychotics, and decline in function.

Empira will share successful strategies for creating a culture of sleep with consideration of all 24 hours in a day. This is Part 1 of a three part series. Join all or some of these presentations.

**Free Administrator (2.75PC) CEUs requested**

**Free Activity Professional CEUs requested**

**Free Social Worker CEU's requested**

### St. Louis dates:

April 3, 2018, August 7, 2018 and Jan. 9, 2019

### Kansas City dates:

April 4, 2018, August 8, 2018, and Jan. 10, 2019

**Registration: 8:30 am - 9:00 am**

**Presentation: 9:00 am - 12:00 pm**

There is no charge to attend but space is limited to 100 people.

### Register to attend at:

**St. Louis:** <http://mc5stlsleepprogram.eventbrite.com>

**Kansas City:** <http://mc5kcsleepprogram.eventbrite.com>

Visit our website at [www.momc5.com](http://www.momc5.com) for more information about culture change.