

"Keeping track of your
Continuing Medical Education"



101-7380 Westminster Highway
Richmond, B.C. V6X 1A1
604-273-9404

Cordially invites practising physicians only to

A Good Night for a Better Day-Pathology of Sleep

Learning Objectives

1. Describe the daytime consequences of insomnia.
2. Assess and monitor mental and physical functioning during the day
3. Discuss the next-day impact of commonly used insomnia treatments, including impact in the work-place
4. Implement pharmacological approaches to improve both daytime and nighttime symptoms in people with insomnia.

Speaker



Dr. Shaohua Lu MD FRCPC

Psychiatrist-VGH

Chair the BCMA's Council on Health Promotion
addiction project group.

Independent medical examiner

Facilitator *Dr. Michael M. Myckatyn*

Date and Time: Thursday, February 22, 2024

6:00 PM Reception

6:30 PM Presentation and Dinner

Venue: Richmond Country Club

Banquet Room, 9100 Steveston Highway, Richmond British Columbia V7A 1M5

Tel: 604.277.3141 Dinner Buffet + Hosted Bar

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