



SENIORS'  
COLLEGE  
ASSOCIATION  
OF NOVA  
SCOTIA

SCANS is a registered non-profit organization dedicated to providing non-credit academic courses to seniors (age 50+) in Nova Scotia

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## PUBLIC LECTURE

November 25, 2019 (Monday)

1:30 – 3:30 pm (doors open at 1:00 pm)

Captain William Spry Community Centre, 16 Sussex St., Halifax

### Insomnia keeping you up? Sleeping pills getting you down?

Seniors often find it difficult to get a good night's sleep. Dr. Gardner's presentation will first focus upon de-prescription, the process of improving a person's health by reducing or eliminating drugs that are not of benefit or could even be harmful. He will then go on to discuss the overuse of sleeping pills in seniors and describe several effective ways to overcome insomnia without the use of drugs.



**DR. DAVID GARDNER** is a professor in the Department of Psychiatry at Dalhousie University. His research interests include improving the safe and effective use of psychiatric medications and providing improved physical health care to people with mental illness. He was named Canadian Pharmacist of the Year in 2012. He has won multiple awards for teaching excellence and in 2017, was named one of the 150 Leading Canadians for Mental Health by the Centre for Addictions and Mental Health.

Seating is limited to 100 people – on a first-come, first-admitted basis. Lectures are open to all. Registration is not required. Goodwill donations are gratefully accepted.

Light refreshments will be served. PLEASE BRING YOUR OWN MUG.

Please avoid wearing scents if possible – some people have allergies.