



July

## Rest Well, Age Well: Unlocking Better Sleep for Seniors

This presentation explores the vital role of sleep in healthy aging, including recommended sleep duration, key benefits, and common challenges faced by older adults. It highlights potential causes of poor sleep and offers practical, easy-to-apply strategies to improve sleep quality. Attendees will also learn when sleep concerns may require medical evaluation.

DATE: 07.08.26

TIME: 11:30 AM

LOCATION: Portage Commons

ADDRESS: 133 N. William St., South Bend, IN 46601

**Space is limited, reserve your spot today by calling (574) 284-7189 to register.**

**Register for lunch by 12 PM: 07.06.26**



*Program may be provided in part by funding through Indiana Family and Social Services Administration through the Older Americans Act.*



**Jodie Pairitz**

Community Outreach  
Nurse Coordinator

Jodie Pairitz, MSN, RN, is an experienced nurse leader with a background in women's health, public health, and community wellness. She is the Community Outreach Nurse Coordinator for St. Joseph Health System, leading education and prevention efforts to reduce chronic illness in St. Joseph, Elkhart and Marshall counties.