

*The Office of Diversity and Inclusion presents its
brown bag lunch series*

Diversity Dialogue

"Does Sleep Play a Role in Racial Disparities in Cardiovascular and Metabolic Diseases?"

- Join the Office of Diversity and Inclusion for its brown bag lunchtime discussion: "Does Sleep Play a Role in Racial Disparities in Cardiovascular and Metabolic Diseases?" on Thursday, August 27, 2015 from 12- 1pm. Kristen L. Knutson, PhD, Assistant Professor in the Section of Pulmonary & Critical Care, will facilitate this month's discussion.
- It is well recognized that African Americans are disproportionately burdened by diseases like diabetes and hypertension. Research studies have demonstrated a potential link between inadequate sleep and an increased risk of these diseases. Finally, research also suggests that African Americans are more likely to experience inadequate sleep. This presentation will describe this research and a dialogue about potential explanations and solutions will follow. Of course, tips to improve sleep will be provided!
- RSVP [here](#) or at 773. 834. 4017



More Information:

- › August 27, 2015 from 12:00pm-1:00pm
- › J-103
- › RSVP [here](#)
- › Fruits and Vegetables **WILL** be provided
- › **Diversity Dialogue** will be held every 4th Thursday of the month from 12:00pm-1:00pm.
- › Bring a friend to the conversation

If you have any questions or to RSVP, please contact:

diversityoffice@bsd.uchicago.edu | 773-834-4017



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