

Online Workshop

Restoring Rest: Overcoming Insomnia During Cancer Treatment

Virpal Gill, MD & Houman Badrzadeh, DO



Date: Wednesday, February 14th

Time: 12:00pm to 1:00pm

Place: Online (Zoom)

Cost: Free of Charge

Insomnia is a common side effect of cancer treatment, and it can be especially frustrating when you're already dealing with so much. By attending this workshop, you can gain a better understanding of the different types of insomnia, causes, and find ways to improve your sleep so that you can focus on healing and recovery.

Virpal Gill, MD is a board-certified Family Medicine Physician currently doing a fellowship in Hospice and Palliative care at City of Hope and working per diem as a Primary Care Physician with Optum.

Houman Badrzadeh, DO is a board-certified Internal Medicine Physician and is currently a fellow physician in the Department of Supportive Care Medicine at the City of Hope, subspecializing in pain, palliative, and hospice care medicine.

To register and learn more:

cancersupportvvsb.org/events/
email: programs@cancersupportvvsb.org
call: 805.379.4777

