



Challenge Webinar:

# THE SLEEP FACTOR

with Derek Vidinha, R.D.

Monday, July 28, 2025 | 12:00PM - 1:00PM

## PRESENTATION

Derek Vidinha, MS, RD, is a clinical dietitian with the SRP-MIC River People Health Center with a strong interest in nutrition and sleep which he has presented on this topic recently at professional conferences. Derek will lead a discussion of sleep as a health factor and how to improve both sleep quality and duration. Poor sleep and the impact on mortality and risk for chronic disease, particularly diabetes and obesity will be presented. Derek will discuss common nutrition supplements that effect sleep with time reserved for your questions to be answered.

*Register for:*

Webinar



Quiz and On-Demand webinar will be available on July 29th:



WellPath  
On-Demand

