

# 2019 Diabetes Webinars

Friday, October 11, 2019 at 12:00 p.m.

## Impact of Sleep & Circadian Disruption on Metabolic Health

**presented by Dr. Josiane Broussard**  
**Colorado State University, Department of Health & Exercise Science**

- Everyone sleeps
- Sleep & circadian disruption increase obesity & diabetes risk
- Improving sleep could help improve metabolic outcomes

**Broadcast live at 7 Colorado locations.**

**NO fee, but registration requested.**

✓ *If you have a disability for which you need accommodation, indicate when registering.*

### Locations & Registration Phone Numbers

<b>CAHEC &amp; The Bridge</b> -----	970-339-0022
4750 25 <sup>th</sup> Street, Greeley	
<b>Morgan County CSU Extension – Meeting Room</b> -----	970-542-3540
914 East Railroad Avenue, Fort Morgan	
<b>Phillips County Event Center – Ortner Room</b> -----	970-854-3616
22505 U.S. Highway 385, Holyoke	
<b>Pueblo County CSU Extension</b> -----	719-583-6566
701 Court Street, Suite C, Pueblo	
<b>Washington County CSU Extension – Meeting Room</b> -----	970-345-2287
181 Birch Avenue, Courthouse Annex, Akron	
<b>Wray Community District Hospital – South Education Room</b> -----	970-332-2352
1017 West 7 <sup>th</sup> Street, Wray	
<b>Yuma Library</b> -----	970-848-2368
910 South Main Street, Yuma	



**COLORADO STATE UNIVERSITY  
EXTENSION**

## **Colorado State University Extension Golden Plains Area Extension**

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### **For Immediate Release**

September 27, 2019

### **Sleep, Diabetes and Health Webinar**

What does sleep have to do with your health and the relationship to developing diabetes? Well, believe it or not, there is a correlation.

Our circadian rhythm is the name given to the internal body clock that regulates the 24 hour cycle of our body's biological processes. These processes include things such as our sleep/wake cycles, body temperature, hormone secretion, intestinal and immune functions, and the balance of glucose (blood sugar) production with the uptake of it by our muscles and the function of insulin from our pancreas. Circadian rhythms are found in almost every cell in our body. Evidence shows when these rhythms are disrupted, for example by things such as irregular sleep patterns, shift work, or medications, it can promote the development or progression of a wide variety of diseases.

Join Dr. Josiane Broussard for a live webinar on Friday, October 11 from noon – 1:00 pm to learn more about the impact sleep and the disruption of our circadian rhythm has on our health and diabetes. Dr. Broussard is a clinical and translational scientist and Assistant Professor with Colorado State University Department of Health and Exercise Science. She received her PhD in Molecular Metabolism and Nutrition from the University of Chicago and then completed postdoctoral training at the University of Southern California. She received additional training at the University of Colorado Boulder and is currently at Colorado State University studying insulin resistance due to sleep and circadian misalignment.

The October 11th webinar, "Impact of Sleep and Circadian Disruption on Metabolic Health" will be broadcast live to one or more sites in Morgan, Phillips, Pueblo, Washington, Weld, and Yuma counties. The webinar will allow people to learn about the topic, ask questions and interact live with the presenter.

There is no cost to attend the webinar, but **registration is requested** for adequate seating and handouts. Following are site locations and contacts for more information or to register for a site: **Akron** – Washington County Courthouse Annex (Gisele Jefferson at 345-2287); **Fort Morgan** – Morgan County Extension (Joanna Harris at 542-3540); **Greeley** – CAHEC & The Bridge (339-0022); **Holyoke** – Melissa Memorial Hospital Board Room (Deeona Johnston at 854-3616); **Pueblo** – Pueblo County Extension Office (Laura Krause at 719-583-6566); **Wray** – Wray District Hospital (Karla Saffer at 332-2352); **Yuma** – Yuma Library (Ashley Lynch at 848-2368).

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*Colorado State University Extension is your local university community connection for research-based information about natural resource management; living well through raising kids, eating right and spending smart; gardening and commercial horticulture; the latest agricultural production technologies and community development. Extension 4-H and youth development programs reach more than 90,000 young people annually, over half in urban communities.*