

## **A.W.A.K.E. Support Group, Sleep Center Roanoke**

Age Requirements

16-21

,

18 and over

Family

No

Intake Contact Email

sleep@carilion.com

Provider Refer

Yes

Self Refer

Yes

Carilion Clinic

<http://www.carilionclinic.org>

Main

(540) 985-8526

Toll-Free

(800) 422-8482

1030 South Jefferson Street

Suite G100

24016 VA

United States

Monday: 8:30 am-4:30 pm

Tuesday: 8:30 am-4:30 pm

Wednesday: 8:30 am-4:30 pm

Thursday: 8:30 am-4:30 pm

Friday: 8:30 am-4:30 pm

Saturday: Closed

Sunday: Closed

Languages Spoken

English

The Carilion Clinic Sleep Center at 1030 South Jefferson Plaza in Roanoke offers an A.W.A.K.E. support group: Alert, Well and Keeping Energetic. A.W.A.K.E. is a support group for patients and family members with Obstructive Sleep Apnea and anyone who is interested in learning more.

Educational/support meetings are held quarterly in January, April, July and October at 7:30 pm in an educational classroom adjacent to the Center at the 1030 Jefferson Plaza. Meetings are sponsored by Carilion Sleep Center.

Each meeting features free blood pressure checks, weigh ins, free parking, handouts, refreshments, door prizes and giveaways. A guest speaker is scheduled for each meeting.

Service Area(s)

Botetourt County

,

Craig County

,

Roanoke City

,

Salem City