

# Cancer Educational Wellness Series

Program supported by a grant from the Climb for Cancer Foundation.



*Danielle DiGennaro, ANP-C*

Danielle DiGennaro, ANP-C, is a nurse practitioner at UF Health with the University of Florida College of Medicine Division of Palliative Care. She received a bachelor's in biology from State University of New York College Geneseo and later pursued a Bachelor of Science in nursing at Columbia University. Danielle worked at Duke University in advanced heart failure as a registered nurse while obtaining her Master of Science in Nursing, in an adult medicine track.

Danielle continued to work at Duke University in cardiology as a nurse practitioner before moving to Northern California and transitioning into palliative care for Sutter Health. Danielle started working with UF Health in 2018. She also has experience as a hospice nurse practitioner, in California and Florida.

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## **Sleeping Better to Improve Health**

**Wednesday, August 26, 2020**

**1:30 to 2:30 p.m.**

***Free class series***

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**Many people have trouble sleeping, which can lead to negative effects on their health and well-being.**

Join us for a discussion about sleep where we will learn the basics of the sleep cycle and common ways to improve your sleep. We will also discuss when it might be appropriate to seek help from a health care provider. Questions from the audience are encouraged.

This educational class is offered to cancer patients, family members and the community to promote health and quality of life. Classes are free and now hosted online.

**This month, the Cancer Educational Wellness Series presentation will be available ONLINE ONLY.**  
Visit [UFHealth.org/cancer-educational-wellness-series](https://UFHealth.org/cancer-educational-wellness-series), for more information and to join the class via Zoom.



**Integrative Medicine • Palliative Care**

**For more information, please contact Chris Morgan at 352.273.5769 or by email at [christopher.morgan@medicine.ufl.edu](mailto:christopher.morgan@medicine.ufl.edu).**