



MAY 4th - Sleep and Mental Health: Jean Tang, PhD, PMHNP-BC, ARNP

St. James Cathedral's Mental Health Wellness Ministry and the Archdiocese of Seattle Mental Health Ministry are sponsoring Wellness Wednesdays, a monthly educational forum featuring professionals from various mental health disciplines speaking on topics of interest.

Our speaker for May 4th is Dr. Jean Tang is a board-certified Psychiatric and Mental Health Nurse Practitioner and a sleep research scientist at UW Center for Innovation in Sleep Self- Management. Dr. Tang is also an Associate Professor at the UW School of Nursing. She has been providing mental health care to a diverse population at a community mental health agency since 2004. Her clinical and research interests include sleep medicine, mental health, and aging. She is a principal investigator of federally funded research studies and educational grants. She appreciates how her research, practice, and teaching intersect and enrich one another.

Details Wednesday, May 4, 2022 from 7-8:30 pm. Everyone is invited.

To Register: [Click Here](#)

Zoom link to join: <https://seattlearch-org.zoom.us/j/87157205880>

To Add to your Calendar: [Click Here](#)

Wellness Wednesdays virtual events will be held on Zoom and will take place on the first Wednesday of the month.