



## Join Us for November's Brown Bag Webinar - Navigating the Holidays with Narcolepsy

**October 24, 2025** - Join us on November 12th at 2pm ET for our next Brown Bag Webinar, "Navigating the Holidays with Narcolepsy!"

The holidays can be both wonderful and overwhelming, especially for those living with Narcolepsy. Join Alicia Roth, PhD, as she shares practical strategies to maintain good sleep habits and protect your mental health so you can make the most of this season.

Have your questions ready for Dr. Roth to answer live!

[Register now!](#)

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