



Mended Hearts™

**MENDED HEARTS CHAPTER 296 VIRTUAL
MEETING**

MARCH 23, 2021

7:00 PM

SPEAKER: JESSICA DALY, MLS TOPIC: BENEFITS OF SLEEP

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SPEAKER: JESSICA DALY

Jessica is the Consumer Health Librarian for the Clifford E. Graese Community Health Library of Orlando Health in Orlando. Each day she connects the importance of patient and caregiver health literacy to over-all health outcomes and quality of life for those within the communities of Central Florida.

Her professional passions include virtual and in-person health literacy education creation and presentation, medical research, and patient experience. Jessica's professional strengths include leadership, virtual/online learning, outreach development, and relationship building.

She received a Bachelor of Science in Education as well as a Master of Library Science. Jessica is a published author, columnist, and public speaker. She possesses the ability to inspire and encourage others through innovative and creative methods of instruction. With over 25 years' experience as a professional educator and research librarian, Jessica understands the importance of providing health education in a variety of formats and native languages, suiting the needs of each patient and family caregiver she interacts with.

TOPIC: "BENEFITS OF SLEEP"