



801 E. Front Street, Traverse City, MI 49686

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www.grandtraverse.org/scn

FOR IMMEDIATE RELEASE

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Subject: How to Live with Heart Failure

About 5.1 million people in the United States have heart failure according to the Centers for Disease Control. Fortunately for area residents, on Wednesday, February 17 at 10:30 am, the Senior Center Network at 801 E Front St, Traverse City will be hosting a special presentation by Mary Beth Hardwicke, M.D., in which she addresses heart failure. Dr. Hardwicke will explain just what heart failure is and what can be done to make it a “livable” disorder.

Visit grandtraverse.org/scn for more information and for recent blogs by Dr. Hardwicke on vitamins, cholesterol and behavioral issues in dementia. Advance registration is encouraged for this free presentation; please call 231-922-4911 or email dmikowski@grandtraverse.org.

Lori Wells, Manager

Grand Traverse County Senior Center Network

801 East Front Street, Traverse City, MI 49686

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The Senior Center Network is part of the Grand Traverse County Parks & Recreation Department. The Network provides many programs to older adults in Grand Traverse County with locations in Traverse City, Acme, Fife Lake, Interlochen and Kingsley. Thousands of adults enjoy dozens of activities on a daily basis. Business hours are Monday – Friday, 8 am – 5 pm. Call 231-922-4911, check the website or Facebook page for more information.