



**Sarah L. Engster,
ANP-C, MSN**

Heart Failure: Treatment and Symptom Reduction

Thursday, March 1, 2018

If your heart is not pumping blood well, your body may not get enough of the oxygen and nutrients it needs.

Common symptoms of heart failure include:

- Shortness of breath
- Persistent coughing or wheezing
- Tiredness, fatigue
- Lack of appetite or nausea
- Confusion or impaired thinking
- Increased heart rate
- Rapid/quick weight gain



Learn from **Sarah L. Engster, ANP-C, MSN** of Bronson Advanced Cardiac Healthcare in Kalamazoo, how to manage your heart failure, your medicines and your symptoms.



**11:30 am-1:00 pm at
The Kool Family Community Center
200 W. Michigan, Battle Creek**

A light lunch will be served at 11:30 a.m., followed by the presentation. **Registration is required.**
Call Senior Health Partners **(269)441-0948.**



Senior Health Partners

A community partnership of Bronson Battle Creek, Calhoun County Senior Services, Battle Creek Family YMCA, CentraCare and Summit Pointe