

# GET BACK TO PEAK PERFORMANCE



## FREE HEALTH LECTURE

# Recognizing and Treating Heart Failure

**When** Thursday, Jan. 17, from 7 to 8 p.m.

**Where** Erie Community Center, 450 Powers Street

Nearly 6 million Americans suffer from heart failure, a serious condition where the heart can't pump enough blood to the rest of the body. Many are unaware they have this potentially fatal condition because some of the most common symptoms — such as shortness of breath and fatigue — are often mistaken for normal signs of aging.

Our speaker is Dr. Scott Blois, who established the first heart failure clinic in Boulder County. He will describe the signs of heart failure and provide an update on the latest treatment options.

**RESERVATIONS REQUIRED:**  
[bchlectures.org/heartfailure](http://bchlectures.org/heartfailure) • 303-415-4212



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