

A Heart Healthy Living Group Community Presentation: **Sleep Apnea**

Update Your Knowledge & Improve Your Quality of Life

mclaren.org/northern

WHERE

John and Marnie Demmer Wellness
Pavilion & Dialysis Center
Reading & Relaxation Room - 2nd Floor

WHEN

Tuesday, July 23

6 – 7 p.m.

1 hour free presentation - No
registration required

DESCRIPTION

Sleep apnea is a primary risk factor for
developing coronary artery disease.

If left untreated it increases the risk of high
blood pressure, heart attack, and stroke.

Learn more about sleep apnea:

- What is it?
- How is it diagnosed?
- Effects on your health
- How it is treated

New equipment and masks will be displayed
and discussed by Leslie Miller, Respiratory
Therapist McLaren Home Medical Equipment.



Duane Nolf PA-C

Duane Nolf is a Physician Assistant with
Cardiology at McLaren Northern Michigan.
He graduated with honors in 2000.

Having more than 19 years of diverse
experiences, with a focus in cardiac and
pulmonary medicine, he is uniquely qualified
to present on the topic of sleep apnea.

- ❖ **The Heart Healthy Living Group**
Mission, “To maintain and improve Heart
Healthy Living in our community by
offering information on prevention,
treatment, and management of
cardiovascular disease risk factors.”
- ❖ Community presentations are offered on
the 4th Tuesday of most months
from 6-7p.m. on the 2nd floor of the John
and Marnie Demmer Wellness Pavilion &
Dialysis Center, 820 Arlington Avenue,
Petoskey, MI 49770
- ❖ Please check the McLaren Northern
Michigan Facebook page, check the
website www.mclaren.org/main/events,
or call 231.487.4000 for topics and
dates.



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