

Supporting Young Hearts Heart Health Forum

Are you aged between 18 and 40 years and recovering from a heart event, heart surgery or living with a heart condition?

The Heart Foundation is running a free event for younger people to help you manage your condition and keep your heart healthy.

- ♥ Get tips and information for your physical and emotional wellbeing from:
 - **Cardiologist Dr James Hare**, Cardiovascular Services, Alfred Hospital
 - **Exercise Physiologist Trent Malcolm**, ACTIVEONE Health Professional Group
 - **Dietitian Sian Armstrong**, Heart Foundation Victoria
 - **Psychologist Assoc. Professor Rosemary Higgins**, Australian Centre for Heart Health, Cognicare and Deakin University
- ♥ Ask the health professionals in an interactive Q and A session.
- ♥ Meet people just like you, to share stories, experiences and ideas.

Places are strictly limited – for more program details and to register go **here** or go to <http://supportingheartsforum.eventbrite.com.au>

For other enquiries contact: Tess Pryor, Community Engagement Officer, Heart Foundation at tess.pryor@heartfoundation.org.au or phone (03) 9321 1561

When: Thursday August 11, 2016. 10.00am – 3.30pm (lunch included)

Where: Oaks on Collins, Level 1, Rooms 2 – 4, 480 Collins St, Melbourne

Cost: Free