

## 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
- Sk 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

The venue is easily accessed via Collins St trams and Southern Cross train station. Oaks on Collins has partnered with Secure Parking at 522 Flinders Lane to provide parking for event participants for \$10 per exit. To activate this discount registrants must collect a "Follow On" discount ticket from reception at Oaks on Collins before returning to the car park.