

present

MINDING THE HEART

A special event for anyone who has had a heart problem, or anyone interested in well-being and mental health after a cardiac event. Carers and family members also welcome.

Tuesday 23rd November 2021
9.30am - 12.30pm

Venue:

***Lillydale Lake Community Room**

Off Swansea Rd

Lilydale Vic 3140



You are invited to attend this free community event in which we will -

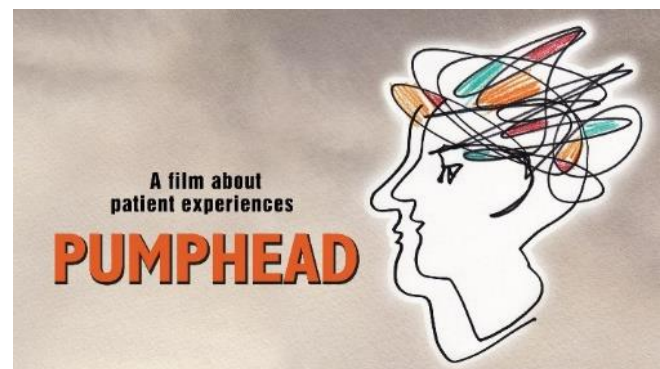
- Explore the vital **Connections** between heart health and mental health
- Screen the new Australian movie **PUMPHEAD** in which eight people share their experiences after heart surgery
- Introduce the **Cardiac Wellbeing Program** provided by the Australian Centre for Heart Health
- Provide **Resources** to help you achieve your best heart health
- Establish a local community **Heart Health Peer Support Group**, to provide support and camaraderie for all people affected by heart disease.

No cost, but bookings are essential.

For more information and a booking form contact Brian:
yrmh@yrmh.org, or ph. 0418 326 670

RSVP: Monday 15 November 2021

**Attendees will be required to be fully vaccinated against COVID-19.*



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