Webinars Presents:

**Stress Management in ACHD – A Balancing Act**

**Thursday, March 26, 2020, 7 p.m. – 8 p.m. EST**

Presenter: Kristen Fox, PhD

**About the Webinar**
Did you know that living with a chronic health condition, such as congenital heart disease, is something that causes stress? How does this impact you? How can you manage it? Dr. Kristen Fox will talk about what you can do to take care of yourself and manage stress in your daily life at the same time. You don’t want to miss this webinar.

**REGISTER NOW:** [https://bit.ly/2S6u9Qo](https://bit.ly/2S6u9Qo)

**About the Presenter**
Kristen Fox is a Post-Doctoral Scientist at Nationwide Children’s Hospital, where she researches psychosocial issues (e.g., mental health, quality of life) affecting adolescent and adult congenital heart disease survivors. Kristen earned a doctoral degree in clinical psychology, with an emphasis in health psychology, from Ohio University. She completed a pre-doctoral internship in behavioral medicine at the University of North Carolina School of Medicine.

**About the Adult Congenital Heart Association**
The Adult Congenital Heart Association (ACHA) is a national not-for-profit organization dedicated to improving the quality of life and extending the lives of adults with congenital heart disease (CHD). ACHA serves and supports the more than one million adults with CHD, their families and the medical community—working with them to address the unmet needs of the long-term survivors of congenital heart defects through education, outreach, advocacy, and promotion of ACHD research. For more information about ACHA, contact (888) 921-ACHA or visit [www.achaheart.org](http://www.achaheart.org).

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