Webinars Presents:

Stress Management for ACHD in Challenging Times

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

Presenters: Kristen Fox, PhD and Jamie Jackson, 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, especially considering the recent COVID-19 pandemic and other aspects of your life? How can you manage it? Drs. Kristen Fox and Jamie Jackson will talk about what you can do to take care of yourself and manage stress in your daily life. She will also talk about how you can prevent social isolation in these times of social distancing. You don’t want to miss this webinar.

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About the Presenters
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.

Jamie Jackson, PhD, is Research Assistant Professor of Pediatrics and Psychology at Nationwide Children’s Hospital and The Ohio State University. She is also a licensed clinical psychologist who works closely with the Columbus Ohio Adult Congenital Heart (COACH) Program. Dr. Jackson has multiple research interests, including identifying factors that help adolescents and young adults with CHD better care for themselves independently. She is also a member of the ACHA Medical Advisory Board.

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.

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