

**Adult
Congenital
Heart 
Association**

Webinars Presents:

Move Those Feet: Healthy Living with CHD

Wednesday, January 20, 2021, 7 p.m. – 8 p.m. EST

Presenter: Jamie Jackson, PhD

About the Webinar

Are you aware that physical activity is safe and beneficial for most congenital heart disease survivors? In fact, it is a powerful tool. It is helpful in preventing the development of additional cardiovascular complications. But, getting started can be a challenge. You will learn how to get moving and have fun while doing it—register today!

REGISTER NOW: <https://bit.ly/3pcUMlf>

About the Presenter

Dr. Jamie Jackson is an Assistant Professor of Pediatrics and Psychology at Nationwide Children’s Hospital and The Ohio State University. She is also a licensed clinical psychologist who collaborates 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 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 research. For more information about ACHA, contact (888) 921-ACHA or visit www.achaheart.org.