

ACHA WELLNESS WEDNESDAYS

2021 WEBINAR SCHEDULE



CAN'T ATTEND LIVE?

All webinars are recorded and an archived version is available on the ACHA website after the webinar at achaheart.org/AWW.

QUESTIONS?

Submit them to webinars@achaheart.org.

- AUGUST 4** **Patient Engagement in Research: Why Does It Matter?**
Ari Cedars, MD, ACHA Peer Mentors Dominique L. and Marissa M.
- AUGUST 18** **Seeking ACHD Care When There is No Local Care**
Sue Fernandes, PA-C, and Jeremy Nicolarsen, MD
- SEPTEMBER 8** **Moving Forward from Quarantine: How Does This Affect Mental Health in the ACHD patient?**
TBD
- SEPTEMBER 22** **Granular Genetics: Why Does It Matter to CHD Patients**
Matt Lewis, MD
- SEPTEMBER 29** **Healthy Lifestyle Series: Sugar, Salt, Fat & Fiber: Nutrition Pearls for the CHD Patient**
Sharon Smalling, MPH, RD, LD
- OCTOBER 6** **Ask A Peer Mentor: Grief**
TBD
- OCTOBER 13** **What All ACHD Patients Should Know About Their Medical Records**
Nina Barbera, NP, and Ruth Phillippi, MS
- OCTOBER 27** **Cardiac Devices: What Does the Future Hold for ACHD Patients?**
Dan Halpern, MD, and Adam Small, MD
- NOVEMBER 3** **ACHA Research Report: Resilience in Adults with CHD: Why It's Important**
Jill Steiner, MD
- NOVEMBER 10** **Healthy Lifestyle Series: Eating Heart Healthy for the Holidays**
Emily Earhart

**Webinar schedule subject to change*