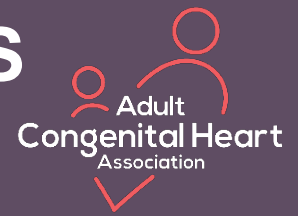


# ACHA WELLNESS WEDNESDAYS

## JAN. – JUNE 2025 WEBINAR SCHEDULE



**JANUARY 29** Exercising as an Adult with CHD  
J.D. Serfas, MD, and Melissa Hartman

**FEBRUARY 26** Coping Skills to Live Well as an Adult with Congenital Heart Disease  
Tracy Livecchi, LCSW

**MARCH 19** Advocating for Adults with CHD in 2025: How You Can Help

**MAY 28** Taking the Next Step: Transitions and Transfers of Your CHD Care  
Tara Shores, BSN, RN, CBC

**JUNE 4** “Hot” Topic: Menopause in Adults with CHD  
Kristin Andres, MD, and Anitra W. Romfh, MD

## 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All webinars are recorded and an archived version is available on the ACHA website after the webinar at [achaheart.org/AWW](https://achaheart.org/AWW).

## QUESTIONS?

Submit them to [webinars@achaheart.org](mailto:webinars@achaheart.org).

**Register today:**



*\*Webinar schedule subject to change*

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