



Children's National™

**Washington Adult Congenital Heart Program**

## My Health, My Heart Becoming an Adult with CHD



### Topics include:

- Understanding your cardiac diagnosis
- Managing your medications
- Heart-healthy living
- Stress management
- Spotting symptoms of poor heart function
- Building a support team in new places

Are you a young adult with Congenital Heart Disease between the ages of 16 and 24? You have the opportunity to participate in an exciting workshop and study designed just for you!

Come be a part of an interactive learning experience with time to discuss what's on your mind. Food (breakfast and lunch) will be provided. Meet new friends. Learn to take charge of your healthcare.

**The Washington Adult Congenital Heart (WACH) program, part of the Children's National Heart Institute, will be hosting a half-day workshop where you can learn more about your heart and how to take care of yourself as you grow - whether you move into a job, head off to college, or trek around the world! You will have the chance to learn from specialists in adult congenital cardiology, nutrition, and social work, as well as from other young adults with CHD.**

By participating in this workshop, you also will have the opportunity to be a part of a research study at Children's National. We want to know if learning more about your heart during this workshop can help you feel more prepared to take care of yourself as you become an adult. We also would like to see if learning new ways to de-stress and relax can help you feel happier and more secure as you move on in life.

**You Learn from us. We Learn from you.**

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