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NEWS AND UPDATES

HEART SUPPORT AUSTRALIA CONDUCTED A MEMBERS HEART HEALTH IMPROVEMENT AND SELF MANAGEMENT MEASURES SURVEY

The survey was conducted on 100 individuals with Heart Disease and gave us an insight into the need of a successful "Self Management of Heart Disease" to reducing cardiac complications and secondary prevention of Cardiac events. [Read More](#)

HS-A HELD ITS VIRTUAL AGM, APPOINTED NEW BOARD MEMBERS AND A SPECIAL MESSAGE BY DR ROSS WALKER

WALKER

AGM had a special opening message from our patron Dr Ross Walker and appointed three new board members Rowley Tompsett, Daryl Iseppi, Fern Linden-Smith. [Read More](#)

DIET AND NUTRITION

EATING FOR A HEALTHY HEART

Heart Failure nutrition, what to eat for a healthy heart [Read More](#)

ALCOHOL AND CIRCULATORY DISEASES

Drinking too much alcohol puts you at risk of developing heart and circulatory diseases. Here you'll find out steps you can take to start lowering that risk. [Read More](#)

Interest Group meetings:

Canberra:

12:30-2PM, December 16, 2020

3/50, Launceston St, Philip ACT

Other Meetings:

Board Meeting

December 16, 05:30 PM via Zoom

What's New?

[Heart Support Australia](#) received a \$4,999 grant to be used to buy a television for seminars, meetings and peer support group activities at our Canberra office

[Heart Support Australia CEO, Judy Ford](#) was invited to speak at Canberra Hospital about our new support group in Canberra and our support services across Australia

Join our Facebook Group:

[HS-A Australia Online group](#)

Partnerships

[HS-A Partners with American College of Cardiology Education](#) for the Early Heart Attack Course

[HS-A Partners with University of Sydney, Westmead Research](#) on a research project on Peer Support in Heart Disease



Coming Up

- All your heart info in short videos
- New partnerships and alliances
- Heart & Soul Challenge

Australian Absolute CVD

Risk Calculator

[CLICK HERE](#)

Try it, It's FREE



Cardiosmart, Download the app:



Become a Member

[JOIN US NOW](#)

Heart Support Australia is supported by the Department of Health



Heart Support Australia (HS-A) is a national not-for-profit organisation providing support, information and encouragement to people who have been affected by a heart event

Our mailing address is:
media@heartnet.org.au

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