



**HEART SUPPORT
AUSTRALIA**



PULSE

Newsletter for your Heart Health

**MARCH
2021**

Welcome to the March newsletter!

It has been a busy first quarter with a new peer support group in Orange, NSW, partnership with Charity TV global (yes, you will see many people fundraising for us!), new partnerships with American College of Cardiology and strategic meeting with the board members.

This month's newsletter covers articles for your heart health, information on supplements and more.

Please feel free to share this email and follow our social media through the links at the bottom, to ensure you always see our latest articles and tips.



HEART CARER RESOURCES



FUNDRAISING



HEALTHY LIVING

HEALTHY LIVING



FLU AND PATIENTS WITH HEART DISEASE

With the advent of autumn and winter nearing, it's time for the annual flu shot again, but how does the flu affect patients with heart disease? Yes, the focus right now is to get the COVID 19 vaccine, but the "regular" flu isn't something to be sneezed at!

[Read More](#)



5 THINGS TO DO FOR A HEALTHY HEART

You know that exercise and a good diet can keep your heart healthy. But what else can you do to keep your ticker going strong?

Below are a few tips and to dos to keep your heart healthy

[Read More](#)



IMPORTANCE OF CARDIAC REHABILITATION

Cardiac rehab encourages you to make lifestyle changes that help your heart to heal and become stronger - which means you can live a healthier, better quality of life.

[Read](#)



SUPPLEMENTS FOR HEART HEALTH

Cardiac rehab encourages you to make lifestyle changes that help your heart to heal and become stronger - which means you can live a healthier, better quality of life.

[Read More](#)

HEART CARER RESOURCES



CARING FOR A LOVED ONE WITH A HEART CONDITION OR AFTER HEART SURGERY

You may have just taken on the role of carer, or you may have already been caring for someone with a heart condition for a while. We have information to help you care better

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BENDING OVER BACKWARDS



...FOR SOMEONE ELSE

BENDING OVER BACKWARDS FOR SOMEONE ELSE

A guide for carers of heart patients

[Read More](#)

Partnerships

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



THE UNIVERSITY OF
SYDNEY

—
Westmead Applied
Research Centre

Try it, It's FREE

Cardiosmart, Download the app:



PEER SUPPORT GROUP MEETINGS!

Canberra: [April 21](#)

San Remo: [April 09](#)

Maryborough: [April 23](#)
(proposed)

FUNDRAISING



HEART SUPPORT AUSTRALIA PARTNERS WITH CHARITY TV GLOBAL

Our Adventure All Stars TV show filming is going ahead and a big thank you to those people who have been chosen as cast members.

There is still room for two more people to star in the adventure of a lifetime. If you would like to be part of this international TV show, go to www.charitytvglobal.com and make sure you choose Heart Support Australia as the charity you will be representing. BUT BE QUICK as the opportunity will be closing soon.

HEART SUPPORT AUSTRALIA ENTERTAINMENT BOOK

Your purchase of an Entertainment Weekly Membership will help the 4.2 million people living with heart disease access peer support, information and encouragement through our Heart Support Australia's programs and service.

We are fundraising with
Entertainment
Give back. Get more.
 Support us. Buy your Entertainment Membership & receive a BONUS \$10 or \$20 eGift Card*
 LIMITED TIME OFFER
Offer for a limited time only, for TDC's visit entertainment.com.au/promotions

What's your
heart age?

FREE SUDOKU!

5	3		7					
6			1	9	5			
	9	8					6	
8			6					3
4			8	3				1
7			2					6
	6					2	8	
			4	1	9			5
			8				7	9

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