

Navigating *life* after a heart event?

No matter where you are on your recovery journey, **MyHeart MyLife** supports people living in rural and remote Australia to live well with heart disease.

A free 12-week program that will support you to:



better understand your
heart condition



learn how to look after
your heart health



connect with people
across Australia who are
on a similar journey



stay motivated via tailored
text messages, emails,
videos and articles

Join **MyHeart MyLife** today
and live well with heart disease



Scan the QR code or visit
myheartmylife.org.au

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