

# *Supporting Young Hearts Program*



SUPPORT



INFORMATION



CONNECTION





Are you aged between 18 and 40 years and recovering from a heart event, heart surgery or living with a heart condition? The *Supporting Young Hearts* program may be for you.



The Heart Foundation can connect you to others just like you and give you information and support to help you manage your physical and emotional health.

Go to: <https://heartfoundation.org.au/programs/support-and-information-for-young-hearts/>