

MGfC Family-Centered Care Series

Raising Healthy Hearts: Tips for Caregivers to Maximize a Child's Heart Health for a Lifetime

Date: Thursday, February 9, 2023

Time: 12–1 pm (Eastern Time)



We all want our children to be healthy for a lifetime. Starting positive habits early makes a big difference. In this program, Lorraine M. Schratz, MD, an attending physician in Pediatric Cardiology at Mass General for Children, will share the essentials to helping children and their families on their way to a heart-healthy lifestyle, including a discussion of how to talk to children about these topics in an encouraging fashion.



Featured Speaker: Lorraine M. Schratz, MD

Dr. Schratz is the Director of the Raising Healthy Hearts Program within Pediatric Cardiology and is board certified in Pediatrics and Pediatric Cardiology. She is a Diplomate in the American College of Lifestyle Medicine and a Diplomate of the American Board of Obesity Medicine. The Raising Healthy Hearts Program focuses on lifestyle and behavior change in the setting of weight and cholesterol management.

- This program is free and open to Mass General patients, families, staff, and the general public.
- To attend this program, click on this link: <https://partners.zoom.us/j/85267323389>
- Please submit questions you may have about the topic before the program to: PFLC@partners.org so that the speaker may address them during the session.

For more information, call 617-724-7352 or email PFLC@partners.org



Blum Center Program Schedule

Scan this QR code with your phone's camera
to see our program schedule online

