

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

# Adult Congenital Heart Disease: How Do We Structure Exercise Programs in This Unique Population?

Exercise for adults with congenital heart disease poses many unique challenges. Join Sherrin Gallagher, ACNP, AACC, as she reviews the importance of exercise and current guidelines for adults with congenital heart disease. She will also provide a patient example to demonstrate how to develop an exercise program safely.

This presentation is part of MGH Heart Center's Heartfelt Dreams Foundation *Expanding the Medical World* webinar series.

**This online program is free and open to MGH staff, patients, and the general public.**

To attend this program, click on this link:

<https://partners.zoom.us/j/85194869120>



**Date: Thursday, August 12, 2021**  
**Time: 12:00 PM - 1:00 PM**

For more information,  
call 617-724-7352 or  
email [pfic@partners.org](mailto:pfic@partners.org)



**Featured Speaker:**

**Sherrin L. Gallagher, ACNP, AACC**

Sherrin Gallagher has been a nurse practitioner since 2001. She started her career caring for general cardiovascular (heart) patients on an inpatient team at Brigham and Women's Hospital. In 2005, Sherrin transitioned her work to an inpatient cardiovascular team at MGH. In 2016, she joined the Adult Congenital Heart Disease Program at MGH.

**This program is a collaboration between the Maxwell & Eleanor Blum Patient and Family Learning Center and Corrigan Minehan Heart Center.**