

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

Adult Congenital Heart Disease Over the Holidays: Coping with Challenges, Developing Resilience, and Talking to Your Doctor About Feelings

Anxiety and depression can significantly affect quality of life for adults with congenital heart disease. Join us for a discussion with psychologist Dr. Tina Luberto to learn about resiliency, mental health, and how to live your best life. Dr. Ami Bhatt, Director of the MGH Adult Congenital Heart Disease Program, will moderate the program and encourages questions from the audience.

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/89673294962>



Moderator: Ami Bhatt, MD
Mass General Cardiologist
Director, MGH Adult Congenital Heart Disease Program

Dr. Bhatt specializes in lifelong care and empowerment of teens and adults with congenital heart disease, addressing valve problems, heart failure, multidisciplinary surgery, arrhythmia, pregnancy, transition, telemedicine, and wellness programs.



Featured Speaker: Christina Luberto, PhD
Mass General Clinical Psychologist, Researcher, and Meditation Teacher
Assistant Professor of Psychology at Harvard Medical School

Dr. Luberto provides individual and group mindfulness-based therapy to help people cope with emotional and physical health problems. She is the principal investigator on two NIH-funded clinical trials to study mindfulness-based cognitive therapy for emotional and physical health improvement in people with heart disease. In collaboration with Dr. Bhatt, Dr. Luberto recently completed a research study of a mind-body resiliency intervention to reduce health anxiety in adult congenital heart disease.



Date: Tuesday, December 21, 2021
Time: 12:00 PM - 1:00 PM

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