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NEWS AND UPDATES



HEART SUPPORT AUSTRALIA HAS A NEW LOGO

Thank you for being a part of our organisation. We have some big news! We are releasing an updated brand identity, which includes a new logo, colours, and font. You'll see the new look anywhere we're out in public, like our website, Facebook, and Twitter; very soon you'll see it in all of our services and collaterals, as well. We believe the new look better matches with our new growth phase focussed on more targeted interventions and has inspired the brand redesign. We will continue providing support to people with a heart condition, their families and carers.

What's New?

We are starting new support groups in Orange and

Lake Macquarie

[Join us](#)

Join our Facebook Group:

[HS-A Australia Online group](#)

Partnerships

[HS-A Partners with University of Sydney, Westmead Research on a research project on Peer Support in Heart Disease](#)



Coming Up



[LAST CHANCE TO APPLY](#)

Australian Absolute CVD

Risk Calculator

CLICK HERE

Try it, It's FREE



ROLE OF PHYSIOTHERAPY IN CARDIAC

REHABILITATION

Identification of female-specific risk enhancers throughout the lifespan of women to improve cardiovascular disease prevention

[Read More](#)



Cardiosmart, Download the app:



Become a Member

JOIN US NOW

DIET AND NUTRITION

SUPPLEMENTS FOR HEART HEALTH

Here are five nutrients that can be a good addition to your

heart -healthy lifestyle and diet [Read More](#)



HEART DISEASE AND DEPRESSION

It is common for you to feel sad or depressed after a heart attack, cardiac surgery or procedure, recent hospitalization, or new diagnosis of heart disease. When to know its not normal? [Read More](#)



Interest Group meetings:

Canberra:

12:30-2PM, March 17, 2021

3/50, Launceston St, Philip ACT

Other Meetings:

Board Meeting

March 17, 05:30 PM via Zoom



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Heart Support Australia (HS-A) is a national not-for-profit organisation providing support, information and encouragement to people who have been affected by a heart event

Our mailing address is:

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