



## Exercise and CHD



Exciting event! Virtual Exercise and CHD event for children and families hosted by Virtual Heart Connection through their 'Connecting Caregivers' program.

Register here <https://forms.gle/1px4EwXfiayAHVjK9>

CCHA's Brenaven Kugamoorthy, a kinesiologist from UofT who has an interest in physical activity for individuals with congenital heart diseases, to give a 30 minute talk on recommendations for exercise programs, different modalities of exercise children and caregivers/parents can do together to meet their demands and capacities. This talk will be mostly targeted towards caregivers/parents. Following, we have invited Kennedy Decker, an occupational therapist who has experience working with kids with congenital heart diseases, to lead a 20-25 minute dance class. This latter part of the event will be mostly targeted towards kids; however, caregivers/parents are free to join the dance class as well. Finally, the session wraps up with a 15-30 minute Q&A with both Brenaven and Kennedy.

Any family who is taking care of a child with congenital heart disease is welcome to join! Parents, grandparents, aunts, uncles, and any other caregiver are all invited as well as kids with CHD and their siblings, cousins, and friends are all invited to participate,

Hope to see you there!

<https://forms.gle/1px4EwXfiayAHVjK9>

### Tags:

[Exercise](#)

[heart and exercise](#)

[heart health](#)

[#CHD](#)

[#1in100](#)  
[#familyfun](#)  
[#heartdisease](#)  
[#dance](#)