



Open Day Youth Workshops 2023

“Maximizing the potential of the heart”

LHM Kidz (7-10)

“Understanding your energy”

Start to understand why you might get more tired than your family and friends. Let’s look at the energy project and how we can use it to plan our energy and tell our important people how we are feeling.

LHM Juniors (11-14)

“Why is it important to take my meds?”

Start to understand what your different medications do and why it is important to get into a routine to either start or continue taking your medications independently.

LHM Seniors (15-17)

“The road to independence”

Start looking at transition and how your appointments might change when you start going to adult units. What can you ask for and what support can your cardiac team and parent/guardian give to make this process smooth.