

## **Zach Friedland Bio**

Zach Friedland was born with a tricuspid atresia, a rare and serious heart defect making his right ventricle so small it was non-functional. Between the ages of 6 weeks and 12 years, Zach underwent a series of three staged correctional surgeries.

Zach started in the South County Hospital cardiac rehabilitation program in the spring of 2013 and immediately felt at home in the South County Health community. He continues to exercise at the gym 4-5 days a week and loves interacting with the staff and his fellow patients.

Outside of the gym, Zach has gone on to pursue multiple graduate degrees in music composition. He recently finished his Doctorate of Musical Arts at The Ohio State University in December of 2018. Zach works as a freelance composer with multiple publishing houses and directs the Rhode Island Recording Ensemble Summer Festival which provides opportunities to young composers to have works played and recorded by professional musicians.

Zach has also participated in multiple congressional advocacy days in Washington D.C. for Boston Children's Hospital. In 2006, he was a featured speaker, alongside Senator Edward Kennedy, where he addressed the entire New England delegation on the importance of funding training for pediatric specialists.