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### Session #1: Thursday, June 4, 2020 | 7:00 pm

**Presentation:** Maintaining Joint Health Through Exercise – Get Up and Move

**Speaker:** Jeffrey Kallberg, PT

*Get Up and Move is a program focused on maintaining joint health through exercise. This program will be presented by Dr. Jeffrey Kallberg, an experienced physical therapist and hem A patient. Through this program, we hope to inform you on three areas: how joints work, how your body moves, and simple exercises that you can do to help strengthen your joints and maintain joint health. We look forward to seeing you there!*

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### Session #2: Thursday, June 11, 2020 | 7:00 pm

**Presentation:** Advocacy Not Anger: Being Your Own Voice

**Speakers:** Shelby Smoak, Ph.D. Advocate & Education Specialist, BioMatrix, Ann Kendall and Krista Davidson, HACA/VHF Advocacy Committee Co-Chairs

*As members of the bleeding disorders' community, we've all likely had experiences where our bodies, our providers, and/or our health care system has failed us or a loved one. And this has made us angry. You yell! You scream! But what good has that done? Hear from a panel of local VHF members about their lives as tireless (and often angry) bleeding disorders' advocates. Learn the importance of record keeping and controlled advocacy; gain strategies for working with your providers and insurance to get what you need; and acquire tools for establishing a reasoned voice within the community, a voice that people listen to. Whether you are new to advocacy or have been a life-long advocate yourself, let VHF & their community members inspire you to turn your anger into something powerful and useful - advocacy!*

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### Session #3: Thursday, June 18, 2020 | 7:00 pm

**Webinar:** Beyond Trough Levels: Taking A Closer Look at How to Evaluate Hemophilia B

**Speaker:** Michael F. Guerrero, M.D., Director of the Comprehensive Hemostasis and Thrombosis Program in the Division of Hematology, Children's National

*Ever wonder why Hem B patients sometimes bleed with relatively high trough levels and conversely don't always bleed with lower trough levels? To answer this, it is important to understand that Factor VIII and Factor IX work differently in the body. Hence the differences between Hemophilia A vs. Hemophilia B. Factor VIII stays inside the bloodstream, while Factor IX also goes outside the bloodstream by traveling through the walls of blood vessels. Trough levels will only identify factor that is in the bloodstream. That's why for Hemophilia B, just measuring trough may not tell the full story of what your factor replacement is doing, and you may need more information.*

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### **Session #4: Saturday, June 20, 2020 | 1:00 pm**

**Topic:** Wonderful Women of Bleeding

**Speaker:** Robert F Sidonio, Jr, MD, Associate Director of the Hemostasis and Thrombosis Program and Director of Clinical Operations and Clinical Research of the Hemostasis and Thrombosis Program, Emory University and Children's Healthcare of Atlanta

*Session description TBD, time for Q&A will be built into this session.*

*Sponsored by Hemophilia Federation of America (HFA)*

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### **Session #5: Saturday, June 20, 2020 | 2:30 pm**

**Topic:** Mental Health 101

**Speaker:** Anna Bell, CFSA

*This module provides an overview of the basics of mental health including facts and myths surrounding mental health, warning signs, types of mental illness and what to do if you or someone you know is experiencing a mental health crisis.*

*Sponsored by Hemophilia Federation of America (HFA)*

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### **Session #6: Saturday, June 20, 2020 | 4:00 pm | TEEN SESSION (Ages 13-17)**

**Webinar:** The Power of Empowerment

**Speaker:** Xaviette Pointer-Kincy, M.Ed, Community Relations and Education Manager for Sanofi Genzyme for the WV, VA, DC area

*Learn to acknowledge strengths, embrace individuality, create safe environments, enhance confidence, establish supporting partnerships and more.*

*Sponsored by Sanofi Genzyme*

#### **Post Webinar Teen Hangout with Camp Holiday Trails!**

*Join Camp Holiday Trails staff for this fun zoom hangout filled with your favorite camp friends, games, songs and more!*

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### **Community Event: Saturday, June 20, 2020 | 7:00 pm (All Ages!)**

#### **Virtual Camp Fire and Community Game Night with Camp Holiday Trails**

Join VHF and Camp Holiday Trails for an educational and fun-filled evening of everyone's favorite camp traditions, including songs, games, stories, and other activities. All participants are encouraged to wear their favorite camp attire, or their favorite camp t-shirt to the virtual campfire!

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