

**Virginia Hemophilia Foundation | Adult Retreat Weekend | November 7–9, 2025**  
**Theme: Stronger Together: Building Resilience & Community**  
[Hyatt Place Virginia Beach / Oceanfront](#), 3601 Atlantic Ave, Virginia Beach, VA 23451

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**Friday, November 7**

7:00 pm – 8:00 pm **Evening Welcome & Social Hour** (optional and location TBD)

Kick off the weekend with an optional welcome and social hour! Enjoy light refreshments, mingle with other attendees, and start the retreat in good company.

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**Saturday, November 8**

**Breakfast** - served every day at the Hyatt Place Breakfast Bar and includes a selection of hot and cold items that are free with your stay. Breakfast is available from 6:30 to 10:00 am.

**10:00 am – 10:30 am Welcome**

**10:30 am – 11:30 am | Session #1 “Joint and Bone Health”**

*Chris Guelcher, Hemostasis RN-BC, MS, PPCNP-BC, Senior MSL, Rare Blood Disorders, Genentech*

Learn about the role of joint and bone health in long-term well-being, risk factors, and strategies for prevention and care.

**11:40 am – 12:40 pm | Session #2 “Finding the Strength through the Struggle”**

*Kate Nammacher, MPH, Senior Vice President of Education, NBDF*

Explore how individuals and families impacted by inherited blood and bleeding disorders build resilience in the face of challenges.

**12:45 pm – 1:45 pm Lunch**

**1:45 pm – 2:45 pm | Session #3 “Who is Taking Care of the Caregiver?”**

*Kate Nammacher, MPH, NBDF*

Caregivers often focus on others before themselves. This session highlights the importance of caregiver health, strategies for balance, and available resources.

**2:45 – 3:30 pm | Session #4 “Your Voice Matters: How You Can Shape the Future of Bleeding Disorders Research”**

*Paxton Mills*

Explore opportunities to share your experiences with a bleeding disorder through Community Voices in Research (CVR), as well as the meaningful impact this initiative is having.

**3:30 pm – 5:30 pm Light Refreshments & Group Wellness Activity: Chair Massages**

Enjoy time relaxing, sharing reflections, and connecting with peers. Light refreshments will be available, along with chair massages provided by The Well Virginia Beach.

**Dinner on Your Own**

Enjoy your evening exploring the Virginia Beach boardwalk and local dining options. A great chance to relax after a long day, connect with friends, or simply take in the ocean views!

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**Sunday, November 9**

**Breakfast** - served every day at the Hyatt Place Breakfast Bar and includes a selection of hot and cold items that are free with your stay. Breakfast is available from 6:30 to 10:00 am.

**9:00 am – 10:00 am Group Walk on the Boardwalk** (optional and weather permitting)  
Join us for a refreshing morning walk to enjoy the beach views, good conversation, and a peaceful close to the weekend.

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**Thank you to our Adult Retreat Weekend Sponsors**

Genentech, National Bleeding Disorders Foundation NBDF, Takeda, and UVA-HTC

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**Presenters:**

**Chris Guelcher, Hemostasis RN-BC, MS, PPCNP-BC, Senior MSL, Rare Blood Disorders, Genentech**

Chris is a Senior Medical Science Liaison on the Rare Blood Disorders Team at Genentech supporting emicizumab (Hemlibra) in hemophilia A. She joined Genentech 4 years ago after being the Program Coordinator at Children's National Hospital and active in the bleeding disorder community for 25 years. Chris is a graduate from Georgetown University (BSN) and the University of Maryland (MS). She and her husband have two daughters and a pretty rescue dog. When Chris is not busy working, she enjoys tennis and Orangetheory.

**Kate Nammacher, MPH**

Kate Nammacher, Senior Vice President of Education at NBDF, has been in the non-profit field, with a focus on health and well-being, for over 25 years. With an MPH in Maternal and Child Health from the University of California at Berkeley, Kate worked for organizations such as the Guttmacher Institute, Community Healthcare Network, the Ad Council, and Big Brothers Big Sisters. She has been at NBDF since 2015, working to empower consumers impacted by inheritable blood and bleeding disorders to build a strong foundation of knowledge, skills and support which results in successful shared decision making, fewer complications, and higher QoL.

**Paxton Mills**

Paxton Mills is a biochemistry and molecular biology student at the University of Richmond. With the National Bleeding Disorders Foundation (NBDF), Paxton is a Youth Representative on the Board of Directors and an intern in the Research Department. She has co-authored an abstract that was accepted to the Hemostasis and Thrombosis Research Society (HTRS) and will be published in the journal Research and Practice in Thrombosis and Hemostasis (RPTH). Paxton is currently working on a project using Community Voices in Research to investigate the influence of social determinants of health on bleeding experiences in females. She has previously served on the NBDF Bleeding Disorders Conference (BDC) Planning Committee and the National Youth Leadership Institute (NYLI). She plans on becoming a hematologist to both treat and research blood disorders.