

HERO: Strength in Numbers

HERO: Strength in Numbers explores:

- Psychosocial issues in hemophilia
- Different takes on sports and activities
- Paying it forward: how to be a HERO to others with hemophilia

Recently, more than 1200 people took part in the HERO (Hemophilia Experiences, Results, and Opportunities) study. They were asked how hemophilia has impacted their lives, both good and bad. But how can their experiences help you? In this class, you'll learn ways to turn their experiences into new ideas. Then, using the power of the hemophilia community, you can adapt those ideas to help change your view of hemophilia. HERO: Strength in Numbers will show you inventive ways of inspiring yourself and others in your life.

This class is one in a series offered through Community University, which is open to people affected by a bleeding disorder. These interactive classes give you and your loved ones a chance to share your experiences and learn ways to live well with a bleeding disorder.



Class prep

Managing life with hemophilia doesn't always have to be difficult.

- Have you created a new, fun, and safe activity or sport to play?
- Have you thought of easier ways to talk with others about hemophilia?

Bring your experiences, and an open mind, to share with others.

Class is now in session

Join us for this HERO: Strength in Numbers class being held in your area.

When: Wednesday, April 15th 5 - 7pm

Where: Mike Shannon's
620 Market St.
St. Louis, MO 63101

For more information about this event, contact your local Novo Nordisk Representative.

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