



eNewsletter

HISTIOCYTOSIS ASSOCIATION

APRIL NEWSLETTER

Education Corner

Beyond the Office Visit: Virtual Education Series

Functional Nutrition & Wellness

Thursday, April 28th from 2-3pm EST

Nutrition is a topic of interest for us all - we all need to eat, but figuring out how to balance healthier foods with a busy schedule or whilst managing a rare disease or chronic condition, can prove exhausting.



Certified Health Coach and Certified Functional Nutrition Practitioner, **Alyssa Cabral**, will focus on how to make nutrition accessible, tangible tips to take the stress out of food, and will also focus on self-care and other areas you may not realize make up nutrition.



Moving Through Rare Disease

Tuesday, May 3rd from 2-3pm EST

Staying active when managing a rare or chronic condition can be challenging. Fatigue, time, & pain can all be things that get in the way, yet we know this is something important for us to incorporate into our lives.



Certified Trainer (CPT) and Strength Specialist, **Tim Facciola**, will focus on the difference between exercise and activity, how to make movement your own, and will share some ways to get started regardless of your experience or current fitness levels.

Register for the webinars using the links below!
Cannot attend live? Register to receive the recording!

Nutrition Webinar Registration

<http://give.histio.org/site/R?>

http://give.histio.org/site/R?i=WekodmOLz4QYUfkuW6zTdJVRGhPPeBr_NqRz0-i=FJfHP8ffbrTM7KUKgvFJ0cmh2Zu1jpy1eOfLsqH3fp49-h5_78r7reLA5_-g

Exercise Webinar Registration

<http://give.histio.org/site/R?>

http://give.histio.org/site/R?i=WekodmOLz4QYUfkuW6zTdJVRGhPPeBr_NqRz0-i=FJfHP8ffbrTM7KUKgvFJ0cmh2Zu1jpy1eOfLsqH3fp49-h5_78r7reLA5_-g

Upcoming Events



To the mountains we go!

The Histo Hike Shenandoah is this weekend!

Over 75 participants will be joining both in person and virtually to hike the beautiful Shenandoah National Park to raise awareness, funds, and hope for histiocytosis. In this 13th year of Histo Hike Shenandoah, hosts Tracy, Ryan, and Ian Brown are excited to continue the Histo Warrior Scholarship by earmarking 10% of the Hike proceeds received by April 30, 2022 to fund a college scholarship through the Histo Student Scholarship Program. The funds raised by the hike have also contributed to research over the years, making an impact in the lives of all histio families.

You can still support the event by contributing to a team or individual hiker. See the link below for more information about the hike weekend!

Which side are YOU on?!



A message from Sean, father of a histio warrior...

"Histo deeply impacts all of us, either directly as a patient, or as someone caring for a loved one - in my case, my son, Ty! Some children have favorite blankets or stuffed animals that bring them safety and comfort - for Ty, it was the beard. Throughout all his surgeries, PICC line placements, port catheter insertions, experimental chemotherapy treatments and endless doctor's visits, the held on to the beard. Now Ty is in remission and we'll let our shield down to lose the beard if it helps others. I am willing to take off my mask to support him and all Histo Warriors and their families. Will you help me in supporting the Histiocytosis Association in continuing the work they do by donating to Save or Shave!?"



Read more of Sean, Ty, and Michelle's story or support Save or Shave by visiting the link below!

Histio Hike Shenandoah

(<https://histio.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=644>)

Will Sean Save or Shave?

(<https://histio.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=646>)

Run for Jeffrey White

May 21, 2022

Live near Oklahoma or in the Midwest? Do you enjoy walking/running for a great cause? If so, the Histio Run in Memory of Jeffrey White is the event for you!

Grab your friends, family, and loved ones, and register to run (or walk) this fun 5K alongside the histio community in honor of and in memory of all histio warriors.



Don't delay - dust off your running shoes and start training today!

Link below to register & to learn more about why we run!



June 24 - June 26 2022

Play for a Cure is a fundraising and awareness event held annually in Simi Valley, California. Friends of Histio Warrior Andrew play a round-robin, co-ed softball tournament to celebrate his birthday and raise funds and awareness for histiocytic disorders. Email events@histio.org to learn more!

Histio Run Registration

(<https://histio.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=645>)

Email Us for More Info!

(<mailto:events@histio.org>)

Beyond the Diagnosis

New Episode Available!

Beyond the Diagnosis is in its second year, and the conversations continue to take us to new topics, to bring new information, and to bring together the community for histiocytosis.

In the latest episode, now available, Kathy talks with a panel of four (4) experts on ECD - 2 physicians and 2 representatives from the ECD Global Alliance. The discussion focuses on advancements in disease diagnosis, various resources available to ECD patients, families and caregivers, and hope for the future.

Check it out at <https://histio.org/beyond-the-diagnosis-podcast/> or wherever you listen to podcasts!



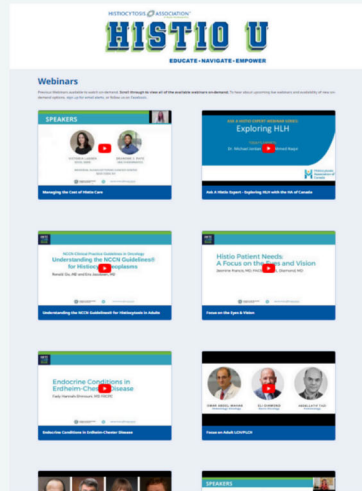
Check out the show notes for each episode, where you'll find additional resources, links, and information to expand upon the episode's conversation - and, subscribe to be the first to know when a new episode becomes available. You can say you heard it first!



Tune In to Beyond The Diagnosis

(<https://histio.org/beyond-the-diagnosis-podcast/>)

Educational Webinars



As part of our commitment to education for patients, families, physicians, and the broader community, the Histiocytosis Association team has been hosting virtual education sessions on a wide range of topics from **Managing the Cost of Histiocytosis Care** to **Endocrine Conditions & Histiocytosis** to **Learning the Guidelines for Treatment and Diagnostics**.

Each of the topics were selected through feedback from the histio community on areas of importance. They serve to expand knowledge, help generate awareness, and answer common questions and concerns.

Visit the Education & Connection section of our website to find the library of webinars, as well as our Educational Video Series, Histiocytosis Yoga Studio, Podcast, and other similar resources!

Have an idea? Email info@histio.org to share your thoughts on future educational opportunities or resources!

[Education & Connection](https://histio.org/resource-overview/webinars/)

[\(https://histio.org/resource-overview/webinars/\)](https://histio.org/resource-overview/webinars/)

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