



eNewsletter

HISTIOCYTOSIS ASSOCIATION

— MARCH NEWSLETTER

Education Corner

Educational Opportunity for Health Care Professionals

We are thrilled to partner with Practice Point Communications and Rush University Medical Center to offer a live webcast for Health Care Providers on 'Diagnostic Considerations for Optimizing Successful Outcomes in HLH'. The course will be held on May 10th, 2022, and is hosted by Dr. Michelle Hermiston.

Through the support of Sobi, Inc., there is no charge for this accredited Continued Medical Education course. US-based Health Care Providers can claim one credit for participating in this live activity and non-US-based Providers can generally receive credit by submitting the certificate of completion to your licensing board.

We need your help to raise awareness across the medical community!
Email Kristen at outreach@histio.org to request a flyer to distribute locally!



CONTACT US! (<mailto:outreach@histio.org>)

Histo Scholarship Program

Applications are due April 15th!

Do you know someone affected by histio who is a graduating high school senior or currently enrolled in college or a vocational school? Encourage them to apply for our third annual Histo Student Scholarship Program! Since launching this program in 2019, the response from the Histo Community has been incredible, which has enabled us to grow and evolve the program each year.

This year's scholarships will include:

- Three (3) Histo Warrior Student Scholarships
- One (1) Histo Family Member Student Scholarship



**HISTIO STUDENT
SCHOLARSHIP PROGRAM**

All scholarship funds will be split between the upcoming Fall and Spring semesters and will be disbursed directly to the college/university/vocational school for educational expenses. A full listing of eligibility, submission requirements, and terms and conditions can be found at www.histio.org/scholarships or you can email Deanna at scholarships@histio.org!

APPLY NOW! (<https://histio.org/resource-overview/scholarship-program/>)

Beyond the Diagnosis

Two New Episodes!

First, join Kathy and histio mom and long-time supporter Tracy Brown. Tracy along with her husband Ryan, started the Histo Hike Shenandoah in 2010 when their son Ian was diagnosed with histiocytosis. Hear more about the hike's history, the impact it has had, and how you can join us as we hike our way to a cure! *P.S. there is still time to join the hike - read below for more details!*



In a special mid-month release, Kathy and Deanna sit down to talk about the Histo Scholarship Program which launched in 2019. The program is currently open for applications through April 15th and histio warriors and siblings who are based in the US are encouraged to apply.



LISTEN & LEARN! (<https://histio.org/beyond-the-diagnosis-podcast/>)

Upcoming Events



Still time to register!

Looking to connect with other families who are impacted by histiocytosis?

We invite you to join us to celebrate Histo Warriors and their family and friends for a weekend of fun and connection in beautiful Shenandoah National Park on **April 29-30, 2022**.

Since 2010, the Histo Hike - Shenandoah - hosted by the Brown Family, has brought together over 1,500 participants and raised over \$784,000! And, thanks to the generosity and participation of the Histo community, the hike continues to help fund Association research grants and services, and provides connection with other histio warriors and families in a fun and supportive environment.

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 Histo Run in Memory of Jeffrey White is the event for you!

Grab some friends and register to run (or walk) this fun 5K. Medals are awarded to the winners of different age groups. Don't delay - dust off your running shoes and start training today!

PLAY FOR A CURE

June 24 - June 26 2022

Play for a Cure is a fundraising and awareness event held annually in Simi Valley, California. Friends of Histo Warrior Andrew play a round-robin, co-ed softball tournament to celebrate his birthday and raise funds and awareness for histiocytic disorders.

REGISTER HERE!

(<https://histio.donordrive.com/event/histiohikeshenandoah>)

UPCOMING EVENTS!

(<https://histio.org/get-involved/fundraising-events/>)

Resource of the Month

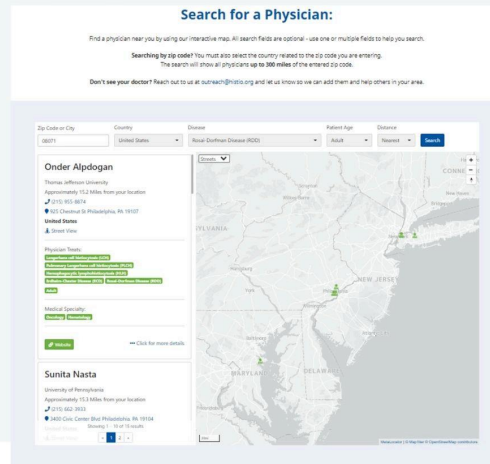
Physician Directory

Histiocytic disorders affect less than 200,000 children and adults in the United States each year. As such, histiocytic disorders are not widely known or understood by the general public, or even within the medical community.

To assist our members in identifying essential resources, the Histiocytosis Association has established a database of physicians with specific experience in the treatment of histiocytic disorders.

The physicians listed in our directory have agreed to be included. It is important to note that inclusion in this directory is for informational purposes only, and does not indicate the endorsement of any particular physician by the Histiocytosis Association.

Know a physician not included in the Directory, email outreach@histio.org.



Physicians Directory is powered by a generous grant from **CytoSorbents**

SEARCH FOR A DOCTOR!

(<https://histio.org/resource-overview/histio-physician-directory/>)

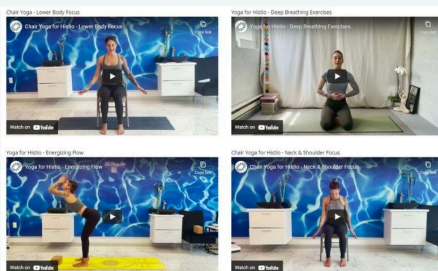
Open Level Yoga for Histio

New Classes Are Live!

Emotional and physical wellness are important for everyone. When we are faced with an obstacle, such as receiving a diagnosis of a rare disease or knowing that a loved one is ill, it is more difficult to focus on our emotional and physical wellbeing. Yoga is just one way to take a moment for yourself; at its core, yoga is meant to encourage relaxation of the mind and the body.

With the histiocytosis community in mind, yoga instructor Rebecca Florczyk has developed a series of online yoga classes that take into consideration all levels of experience with yoga, in addition to the possible modifications for mobility, flexibility, and balance.

The classes are available online via our website under **Resources > Education & Connection**.



Chair Yoga Classes:

- Neck & Shoulder Focus
- Lower Body Focus

Floor Yoga Classes:

- Energizing Flow

Deep Breathing & Meditation:

- Deep Breathing Exercises

VISIT THE YOGA STUDIO!

(<https://histio.org/resource-overview/yoga-for-histio/>)

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