# The BLOODLINE

**NEWSLETTER** 



BDH Executive
Committee Introductions

Upcoming Events

Registration Opportunities

**Fundraisers** 

Bleeding Disorder Education





### **BDH STAFF**



**EXECUTIVE DIRECTOR Brooke Loving**bdh\_director@bdheartland.org



ADMINISTRATIVE &
PROGRAMS ASSISTANT
Amber Smith
bdh staff@bdheartland.org

### **Executive Committee**

PRESIDENT Julie McAnally VICE PRESIDENT Meg Gillins TREASURER Devin Smith SECRETARY Orion Wilkerson

### **Board of Directors**

(MEMBERS AT LARGE) Nate Stirgus Thomas Savage Dayna Leichty Nicholas Reuter

### **Board of Advisors**

Mya Anderson Becca Markl

# **INSIDE THIS ISSUE**

Executive Committee President's Letter (Julie McAnally)
2025 Executive Committee
2025 Annual Meeting Recap
Tips and Information From Our HTC
Educational Bleeding Disorder Articles
NBDF

**Upcoming Annual Events** 

0	Men's Event	June 1
0	Golf Event	June 2
0	Summer Camp	June 15-20
0	Men's Event	<b>July 11-13</b>
0	Family Education Day	July 26
0	Adult Retreat	Aug. 16-17
0	Walk for a Cause	Sept. 27
_	FAB Women's Event	Oct. 10-12

### **CONTACT INFORMATION**



Bleeding Disorders of the Heartland 103 5th Ave Durant, Iowa 52747 Tel: (319) 721-1664

Email us at: bdh\_director@bdheartland.org

The Bloodline is a publication of the Bleeding Disorders of the Heartland. The Bleeding Disorders of the Heartland is a voluntary education and advocacy organization which neither recommends nor endorses the products and services noted within this publication and does not make recommendations concerning treatment regimes for individuals. BDH suggests that you consult your physician or local treatment center before pursuing any course of treatment. The Bloodline is published four (4) times a year.

### A LETTER FROM THE OUR BOARD PRESIDENT, JULIE MCANALLY



Julie McAnally
EXECUTIVE COMMITTEE
PRESIDENT

### **CONTACT BDH**

bdh\_director@bdheartland.org

**2** 103 5th Ave Durant, Iowa 52747



## DEAR MEMBERS OF BLEEDING DISORDERS OF THE HEARTLAND,

I am Julie McAnally, and I am honored to introduce myself as the Board President. Having been involved with Bleeding Disorders of the Heartland since 2023, I have had the privilege of serving as a Member at Large and most recently as the Vice President. It is with great enthusiasm and gratitude that I step into this new role, and I would like to extend my heartfelt thanks to the board for trusting me with this responsibility.

As I embark on this journey, I am excited about the opportunities that lie ahead for our organization. My primary goal as President is to create an environment where every member of our board can shine by leveraging their unique strengths. By working together, we can continue to elevate Bleeding Disorders of the Heartland, ensuring its

longevity and sustained impact in our community.

This year, we have chosen "diversify" as our guiding word, a theme that will drive our initiatives and efforts throughout the year. We aim to:

- 1. Diversify our offerings to members: We are committed to ensuring that we meet the diverse needs of all our members.
- 2. Diversify our outreach: We will work tirelessly to increase awareness of Bleeding Disorders of the Heartland, forging new partnerships and collaborations with individuals and organizations that share our mission and values.
- 3. Diversify our fundraising strategies: We recognize the importance of financial sustainability and will explore innovative ways to raise funds, ensuring that we have the resources necessary to support our programs and initiatives for years to come.

I am truly excited about the potential for growth and positive change that lies ahead. Together, we can make a significant impact and continue to support those affected by bleeding disorders in our community.

I will be attending many of our events this year and am looking forward to connecting with each of you. Please don't hesitate to reach out and introduce yourselves—I am eager to meet all of you and hear your thoughts and ideas.

Thank you once again for your trust and support. Let's make this a remarkable year for the Bleeding Disorders of the Heartland.

Warm Regards,

Julie McAnally

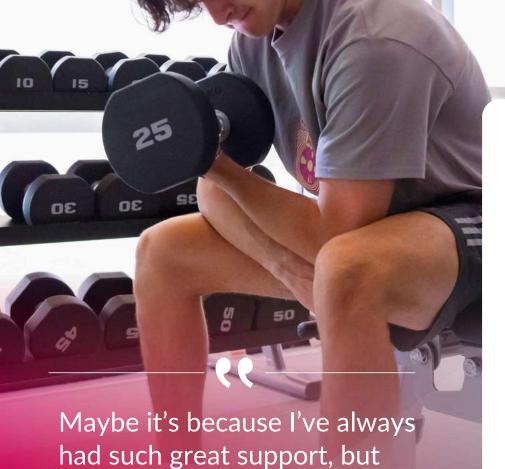
Julie McAnally, Board President



To all the mother's: those that are here, those that are no longer with us, and those that aren't "moms' at all, but still care for us like one; thank you for being you!







Connect
with an
ALTUVIIIO®
Peer Mentor

ALTUVIIIO Peer Mentors are real patients or caregivers who have had similar experiences to yours.

You'll have the opportunity to:

• Ask questions • Hear

<u>firsthand experiences • Learn</u> <u>helpful tips • Get to know</u> <u>others in</u>

the community

### <u>—AJ</u>

best way for me to stay happy.

engaging with others is the

AJ | ALTUVIIIO patient

AJ is a promotional speaker compensated by Sanofi.



Sign up today to meet a Peer!





### Men's Event

June 1st Calling all fellas!

Get ready to recharge, reconnect and

unwind at the Men's Retreat.

### Factoring Fairways Golf Event

JUNE 2nd One of our biggest fundraising

events! Pleasant Hill, Iowa

### Bleeding Disorders Camp

JUNE 15-20th Classic summer camp fun with lots of bleeding disorders education! Mount

Vernon, Iowa

### Regional Men's Event

JULY 11-13th A weekend of the great outdoors with the Trails for Healthy Living Crew at Jester Park!

### Family Education Day

JULY 26th Education & Fun for the entire family. Waterloo, IA

### <u>Adult Retreat</u>

AUGUST 16-17th

Educational time for adults to connect. Cedar Rapids, Iowa

### Unite Walk

SEPTEMBER 27th Step Right Up and Walk for a Cause! Fundraising event!

Hiawatha, Iowa

### <u> FAB - Women's Regional Eve</u>nt

OCTOBER 10-12

Ladies consider joining us in Kansas City, Missouri

# Meet Our 2025 EXECUTIVE COMMITTEE



President



Vice President



Treasurer



Secretary

### Julie McAnally

Julie and her husband have two active boys, both who are affected with Hemophilia. She is also the Director of Growth & Development for Holmes Murphy where she helps develop others to meet their unique potential.

### Meg Gillins

Meg Gillins lives in Cedar Falls with her husband and diagnosed with Moderate Hemophilia A at birth, and her father and one of her daughters are diagnosed with Mild Hemophilia A.

### **Devin Smith**

Devin Smith currently lives in Ankeny, IA and works at five active kids. Her son was John Deere. He is personally affected by severe Type 1 Von Willebrand's Disease. He's looking forward to helping the bleeding disorder community in lowa!

### Orion Wilkerson

Orion is a proud graduate of St. Ambrose University, where he earned degrees in Cyber Security and IT Management. As a seasoned professional, he operates mostly in the cyber security field while also running his own successful IT consulting business.





Bleeding Disorders of the Heartland Board Retreat Agenda Saturday, January 25, 2025

### :00 am to 8:30 am

- o Welcome (Brooke)
- o Team Building Activity (Julie)

### **Board Meeting**

### ) am to 9:45 am

- Call meeting to order (Thomas)
  Event Updates (Brooke/Amber)
  - Pact (Meg)



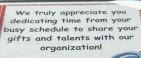








2025 BUARD RETREAT



Now, take a moment for yourself to unwind and enjoy these Chill Pills!

Thanks a million!
Brooke and Amber



# Volunteer Appreciation and Excellence in Leadership Excellence Award



In recognition of your exceptional dedication, passionate leadership, and unwavering support of Bleeding Disorders of the Heartland. Your outstanding volunteerism and commitment to fundraising have far exceeded expectations, leaving a lasting impact on our organization and the community we serve. Through your tireless efforts, strategic leadership, and genuine compassion, you have helped drive our mission forward, ensuring better support and advocacy for those affected by bleeding disorders.

\*We are deeply grateful for your continued support and selfless service.

Your contributions have truly made a difference, and we proudly honor you with this award.

# 2025 ANNUAL MEETING





























# **2025 ANNUA**



































# **2025 ANNUAL MEETING** A LOOK BACK — AND A LOOK AHEAD!

We are excited to share that our 2025 Annual Meeting was a tremendous success! We had such a great turnout and were overwhelmed by the incredible support from our sponsors. It was inspiring to see our community come together with such energy and enthusiasm.

The meeting featured several educational sessions, offering something for everyone — from children to adults — ensuring that all ages could participate, learn, and connect. It was a wonderful opportunity to reflect on our progress, celebrate our achievements, and begin planning for an even brighter future.

Looking ahead, we are thrilled about all the events and opportunities coming up this summer and beyond! To stay informed, we encourage you to watch our website and follow us on social media. We have a full calendar planned, including:

- Men's Events happening in both June and July
- Camp kicking off in June- Deadline to apply is May 20<sup>th</sup>
- Adult Retreat event for those age +18
- Women's Retreat opportunity for women in Kansas City, Kansas
- Fundraising Events including our annual Golf Outing and Walk

These events are designed to bring our community even closer together, offering meaningful experiences, valuable education, and lots of fun. Whether you're looking to connect, grow, or give back, there's something for everyone this year.

Thank you again for being part of our community. We can't wait to see you at our upcoming events!



# **BDH** ANNUAL

**MARCH 14-16** DES MOINES, IA

**MEETING** 

## THANK YOU TO OUR EVENT SPONSORS





Genentech

**LUNCH** 























Breakthroughs that change patients' lives\*



**CSL Behring** 











**BLEEDING DISORDERS** OF THE HEARTLAND







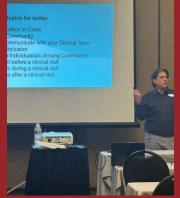






































# CONGRATULATIONS KASON LOVING!

At just 12 years old, Kason has already made a tremendous impact in the bleeding disorders community through his advocacy and leadership. Since joining the Iowa chapter in 2020, he has spoken before state legislators, shared his personal story, and even demonstrated how to infuse—all to raise awareness and fight for better care.

His powerful advocacy at Iowa State Advocacy Days and Washington Days 2024 left a lasting impression, including moving a legislator so much that she invited him to vote on the House floor!

You are setting an example for the next generation of advocates, and we can't wait to see all that you accomplish in the future!

Thank you for all that you do!



# **APPLY TODAY!**

CONNECTIONS FOR LEARNING GRANT

AURORA, COLORADO AUGUST 21-23, 2025





NATIONAL BLEEDING DISORDERS FOUNDATION

Have you applied? The Connections for Learning Grant (formerly NBDF Travel Grant) is designed to support those who may need financial assistance to attend the 2025 Bleeding Disorders

Conference! Apply by February 24th

Click here to learn more about these travel grants!

# 5<u>19</u> 619 619

Panda Express ongoing Fundraiser DONATED BACK TO

OF SALES

ARE

DONATED

BACK TO

BDH!



Place your order for either pickup or delivery! Enter the fundraising code at checkout. This offer is available at a Panda Express locations across the country. Please share this information with friends and family! Watch Facebook

for the monthly code and dates!





with Dolvett Quince

Regular exercise is important. But moods vary. No two days are exactly the same. So we asked celebrity trainer Dolvett Quince to create a series of exercise videos called H-Fit. Each video features a different **hemophilia-friendly workout**. And each workout is built around a different mood. How are you feeling today? H-Fit has got you covered.

Always talk to your health care provider before starting any new exercise routine.



Scan for H-Fit.com

Sign up with Novo Nordisk and register at H-Fit.com to get free access to the H-Fit video library.





## MENTAL HEALTH AWARENESS MONTH



# MENTAL HEALTH

IS JUST AS IMPORTANT AS
PHYSICAL HEALTH

CLICK HERE TO VISIT THE BLEEDING DISORDERS
SUBSTANCE USE & MENTAL HEALTH ACCESS COALITION.

# 

The Bleeding Disorders of the Heartland has its exclusive coffee blend crafted by Blue Strawberry, a local business in Cedar Rapids. Purchasing this coffee helps fund our organization.

**Get your coffee today!** 

GROUND AND WHOLE BEAN





GO TO
THE
WEBSITE



**CLICK HERE TO ORDER.** 





# WHAT YOU SHOULD KNOW IF YOU'RE OVERDUE FOR CLINIC

- At University of Iowa Health Care, our policy if you have not returned for a clinic visit within the recommended time frame from your provider, or insurance company, is that we are unable to complete the following:
  - We will not be able to prescribe any medications for your bleeding disorder. You will need to go to the emergency room for treatment.
     Please note that some emergency rooms outside of the UI Health Care (Main Campus University) do not have the necessary medications to treat bleeding.
  - We will not be able to provide treatment recommendations for elective, or non-emergent, invasive procedures or surgeries until you have been seen in clinic.

If you have circumstances that interfere with your ability to come to clinic, including insurance issues, financial concerns, or difficulty arranging transportation, please contact our social worker at 319-356-3248.

### If you need a procedure or surgery:

We require two weeks' notice to generate (or develop) a plan and coordinate care for elective, non-emergent, surgeries or procedures. Please contact the Hemophilia Center at 1-800 272-3547 or 319-356-4277 (Monday through Friday, 8:00 am to 5:00 pm) to discuss; do not rely on your doctor or surgeon to contact us.

### A quote from a patient regarding University of Iowa Health Care HTC's community nurse program:

"My husband and I learned our son has severe hemophilia and will require ongoing treatment for the rest of his life. This means twice weekly intravenous infusions to give him the factor he is missing so his blood will clot. Without treatment, he risks internal bleeding and the inability to live like a normal person. For the last several years, the home nurses from the Home Hemophilia Program at the University of lowa have visited our home twice weekly to help with infusions and teach us how to care for our son. They eased our fears and taught my husband and me – who have no health care experience - how to infuse our son ourselves. They are teachers, qualified and experienced caregivers, cheerleaders and friends....caregivers who dedicate countless hours to serving the hemophilia community. As the mom of a severe hemophiliac living in rural lowa, I can't take time off work twice per week to travel to lowa City for infusions. The home hemophilia nurses are the reason I can care for my son and why we are able to live a normal life now."



# TIPS ON PREVENTING NOSEBLEEDS

01

### Keep the inside of your nose moist.

Use a cotton swab to gently smear a thin layer of petroleum jelly\* in your nostrils 3x a day, including before you go to sleeps.

\*You can also use an antibiotic ointment like Bacitracin, Polysporin, Neosporin. Saline gels and sprays can also be used.

02

Don't pick your nose or blow/rub your nose too hard.

Trim your fingernails.

03

Use a humidifier in your house, and bedroom.

To keep the ar in your home moist.

04

Drink plenty of water to keep hydrated.

05

If you have allergies, take an antihistamine.

These medications can cause your nose to become dry, so it'll be important to keep the inside of the nose moist.

06

If you have allergies, take an antihistamine.

These medications can cause your nose to become dry, so it'll be important to keep the inside of the nose moist.

07

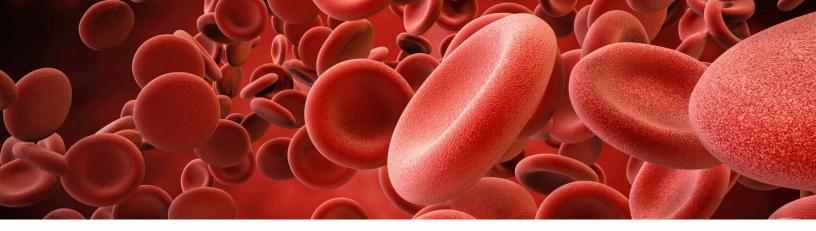
Stay away from smoke or strong odors.

These vapors can irritate the nasal membranes.

08

Good nutrition helps maintain good nasal passages.

Foods high in vitamin C such as oranges, strawberries, and bell peppers help strengthen blood vessels and promote healing.



### ASH Led Initiative Focuses on Greater Representation in Hematology Clinical Trials

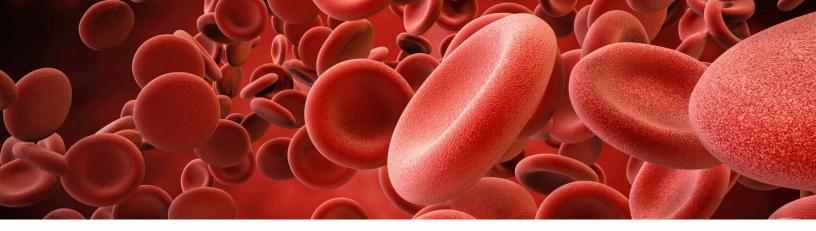
Source: National Bleeding Disorders Website | ASH Publications

It has been well understood by many in the bleeding disorders community that clinical trials are, historically, very limited and not fully representative of the actual disease populations. In an effort, to drill down on the barriers to representation, the American Society of Hematology (ASH) reached out to its robust global membership to get a better sense of the challenges associated with underrepresentation in classic hematology trials.

Their findings, "The Roadmap to Integrate Diversity, Equity, and Inclusion in Hematology Clinical Trials: An American Society of Hematology Initiative," were published in the February edition of Blood Advances.

A baseline survey was disseminated to ASH members, with 191 responses from U.S. and international clinicians self-identifying as caring for individuals with classical hematologic diseases. The respondents, the majority of which (81%) were from North America, offered insight into the possible underlying causes of limited trial participation.

Their feedback helped identify priority areas and structure five focus groups that encompassed various stakeholders including people living with hematologic diseases and their advocates; academicians; regulatory and government agencies; industry representatives; clinical research organizations and academic research organizations. Eight primary barriers were identified across all groups. The authors suggested that addressing these specific barriers will ultimately enhance the development of future trials by featuring more diverse populations of people living with hematologic diseases. The eight barriers include: (1) harmonization of demographic terminology; (2) engagement of lived experience experts (LEEs) across the entire study timeline; (3) awareness of how implicit biases impede patient enrollment; (4) the need for institutional review boards to uphold the justice principle of clinical trial enrollment; (5) broadening of eligibility criteria; (6) decentralized trial design; (7) improving access to clinical trial information; and (8) increased community physician involvement.



# ASH Led Initiative Focuses on Greater Representation in Hematology Clinical Trials

Source: National Bleeding Disorders Website | ASH Publications

"Addressing the barriers noted here extends beyond 1 key group or 1 trial, which is why partnering across LEEs, industry, regulators, academia, IRBs, and health care providers is essential." stated the authors, in addition to recommending a few key action steps. "A holistic overview of the patient's experience and disease demographics needs to be collected and discussed. Relevant LEEs and health care providers should be engaged early and often as research questions are crafted and clinical trials are designed." The authors went on to further elaborate that "the insights from such engagement would include social determinants of health, reasons for mistrust, and health care access barriers. Rare classical hematology disease trials should seek to be inclusive through representative inclusion/exclusion criteria that are further evaluated for the impact of increased heterogeneity on the robustness of small data sets, end points that matter to patients, and ways to reduce participation burden on patients so that diversity can be achieved," concluded the authors.

Read the full open access paper to learn more, including the demographic/geographic scope of the ASH initiative, plus a great deal more context and explanation behind the focus groups' priority areas and proposed solutions.

Do you want to make your shopping even more meaningful this year? When you purchase gift cards through this special fundraising platform, a portion of the proceeds go back to BDH!

It's an amazing way to give back while still crossing off your gift list. There is no extra cost to you, it's just one simple way to support what we do. This will be available all year long.

### **How it works:**

Visit this link: https://www.raiseright.com/enroll/3XJTFTQBRLZZ Shop for gift cards to your favorite stores. A portion of the proceeds benefits our organization—helping us continue our mission

### Get your shopping done and pay it forward!





# SAVE THE DATE MEN'S RETREAT



TBD LOCATION DES MOINES AREA





Calling all fellas! BDH Men's Retreat is Back! Get ready to recharge, reconnect and unwind at the Men's Retreat. It's a one-of-a-kind chance to join a tribe of men who get it. Whether you're caring for someone with a bleeding disorder or dealing with your own health battles, this retreat will give you a chance to bond with other men who understand what you're going through. Get ready to make lifelong connections and leave with a renewed sense of energy.

And, the cherry on top? You can hit the greens and tee off at our annual Factoring Fairways for Families golf fundraiser. Grab your clubs and let's swing into action!





Come enjoy a day on the course, raise awareness and funds for Bleeding Disorders of the Heartland.

TOAD VALLEY GOLF COURSE 237 NE 80TH ST, PLEASANT HILL, IOWA 50327

Click Here to Register

Scan the QR Code to register now!



2025

BLEEDING DISORDERS SUMMER CAMP JUNE 15-20,2025

Camp Tanger, Mount Vernon, IA



# PROTECT BLEEDING NO DISORDER PROGRAMS

In early April, BDH joined many other bleeding disorder organizations from around the country in signing onto a joint letter from the American Society of Hematology (ASH) calling for restoration of the CDC's Division of Blood Disorders.

These experts play a critical role in research, education, and safety for our community. Without them, patients with blood diseases face preventable hospitalizations, complications, and deaths.

Learn more and read our joint letter: bit.ly/cdc-joint-letter



You can help us! Use NBDF's sample script to contact your Senator and Representative to ask them to save this vital program. Click here to get the script and learn more.



# FDA Approves Qfitlia: New Hemophilia Therapy Breakthrough

Source: National Bleeding Disorders Website/FDA News released March 28, 2025

The U.S. Food and Drug Administration (FDA) recently approved Qfitlia<sup>™</sup> (fitusiran) for routine prophylaxis to prevent or reduce the frequency of bleeding episodes in adult and pediatric patients 12 years of age and older with hemophilia A or hemophilia B, with or without factor VIII or IX inhibitors (neutralizing antibodies). The new therapy is manufactured by Sanofi.

Qfitlia is a subcutaneous therapy that uses small interfering RNA (siRNA) technology to target antithrombin (AT), a liver-generated clotting protein that plays a key role in the regulation of blood clots. siRNA molecules are segments of RNA (ribonucleic acid) that block or "silence" the activity of certain genes through RNA interference, a natural biological process common in plants and mammals. It works by silencing the gene responsible for AT, which inhibits the protein's anticoagulant function. This then compensates for the imbalance caused by deficiencies in other clotting proteins, such as factor VIII (hemophilia A) or factor IX (hemophilia B).

"Today's approval of Qfitlia is significant for patients with hemophilia because it can be administered less frequently than other existing options," said Tanya Wroblewski, MD, deputy director of the Division of Non-Malignant Hematology in the FDA's Center for Drug Evaluation and Research. "This new treatment option highlights our continued efforts to improve the lives of patients with hemophilia."

Read the full FDA release to learn more, including the clinical trial results that supported the agency's approval of Qfitlia.

# WHAT'S **NEXT?** DECIDE.

At Genentech, we're committed to supporting the hemophilia A community in ways that go beyond treatment and focus on you as a person. From sharing real stories and experiences from our Patient Ambassadors, to an educational rap anthem for a hemophilia A treatment, to one-on-one support from a team of experts, we're here to help you take on what comes next.

SCAN THE QR CODE TO SEE HOW WHAT'S NEXT, TOGETHER.



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GENENTECH IN HEMOPHILIA

Genentech

### Empowering you to treat and manage your bleeding disorder

- Dedicated pharmacy transition support
- · Timely medication delivery with an overnight shipping option
- In-home nursing support program for patient infusion education
- Assistance with prior authorizations, copay management and more

See how we can help. PARAGONHEALTHCARE.COM/HEMO





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**Becca Robbins** District Sales Manager brobbins@paragonhealthcare.com 479.685.2532



# THE BLOOD EXPERTS

SERVING THE QUAD CITIES & ILLINOIS

### WE TREAT THE WHOLE PERSON, NOT JUST THEIR SYMPTOMS.

### **DISORDERS WE TREAT:**

- Hemophilia A & B
- ITP
- Von Willebrand Disease
- Clotting Factors
- Factor Deficiencies
- Platelet Function Disorder

### Arthur

HSHS St. Mary's Hospital Building 525 N. Vine St. Arthur, IL 61911

SIU Center for Family Medicine 300 W Oak St. Carbondale, IL 62901

OSF Medical Group – Primary Care 1405 W Park St., Suite 306 Urbana, IL 61820

Crossing Healthcare 320 E. Central Ave. Decatur, IL 62521

### Macomb

Medical Arts Building 527 E. Grant St. Macomb, IL 61455

Pediatric Specialty Clinic 515 Valley View Drive Moline, IL 61265

Fox River Cancer Center 1200 Starfire Dr. Ottawa, IL 61350

Bleeding & Clotting Disorders Institute 427 W Northmoor Dr. Peoria, IL 61614 Clinics, and Immune Thrombocytopenic Purpura (ITP) Clinics are located at the Peoria location.

### Rockford

OSF Saint Anthony Medical Center 5666 E. State St. Rockford, IL 61108

### Springfield

Springfield Clinic at St. John's Pavilion Dr. Brandt's Office 301 N 8th St -4th Floor, Springfield, IL 62701













# **CSL Behring**

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# READY FOR AN ADVENTURE?

# Regional Men's Event

JULY 11-13 | 2025 JESTER PARK

Join Us for the Regional Men's Retreat - Adventure Awaits! Get ready for an unforgettable weekend of outdoor adventures, personal growth, and brotherhood at our Men's Retreat. Escape the hustle and immerse yourself in nature. This retreat is the perfect opportunity to reflect, recharge, and forge deeper connections with like-minded men. Whether you're seeking an adventure, or simply a chance to unwind, this retreat has something for everyone. Don't miss out on this exciting and transformative experience - we can't wait to see you there! Register Here!













Waterloo, Iowa

Get ready for a wet and wild experience like no other, where the sun-soaked day is filled with laughter, thrills, and refreshing splashes.

Join Bleeding Disorders of the Heartland for a day filled with fun in the sun. Educational Program followed by time at the waterpark.

VISIT THE EVENTS **TAB ON THE** WEBSITE



319-721-1664



www.bdheartland.org

Financial Assistance available to those who qualify. Contact us at bdh\_director@bdheartland.org if you need assistance.

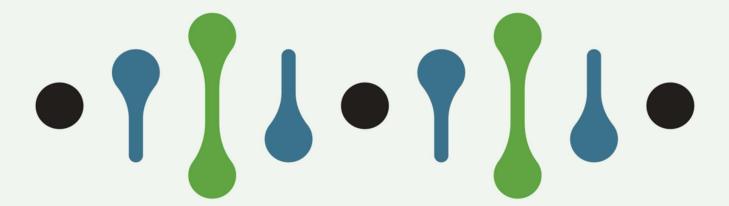


# 

Suspension for intravenous infusion 1 × 10<sup>13</sup> vg/mL

Scan QR code to learn more or visit www.BEQVEZ.com





Connect with your PAL by signing up at **TogetherforRare.com.\*** 

\*Pfizer PALs are not measured or awarded based on sales performance nor will they ask you to switch products.



# ESCAPE THE ORDINARY. UNLOCK THE EXTRAORDINARY.





# Scan the QR Code or click HERE to register!

Join Bleeding Disorders of the Heartland on August 16–17, 2025 for an unforgettable experience at the 2025 Adult Retreat.



# 2025 STEP RIGHT UP AND WALK FOR A CAUSE



### **SCAN TO REGISTER**

OR CLICK HERE.



SATURDAY, SEPTEMBER 27 9 TO 11 AM

-----

FAY M MEMORIAL CLARK PARK HIAWATHA, IA

**CONTACT US FOR MORE INFORMATION OR SUPPORT:** 

AMBER SMITH
BDH\_STAFF@BDHEARTLAND.ORG
319.721.3477



# 2025 FEMALES AND BLEEDING DISORDERS CONFERENCE









## **EDUCATION | PERSONAL GROWTH | NETWORKING**

October 10-12 2025

Start Friday, 5 PM

**Margaritaville Lake Resort** 

1491 N 98th Terrace, Kansas City, KS 66111

CLICK HERE TO REGISTER!





Bleeding Disorders of the Heartland 103 5th Ave Durant, Iowa 52747 Tel: (319) 721-1664

Fax: 615-900-1487

Email us at: bdh\_director@bdheartland.org



The Bleeding Disorders of the Heartland (BDH) asks for your contributions to support the programs and activities of BDH that focus on advocacy, awareness, education and mentorship of families and new families. You can make a financial contribution by going online to our website at www.bdheartland.org or by mailing your check to our office. Does your workplace offer an employee matching gift program? We have numerous fundraising events throughout the year that you can attend and financially support as well. Help us share the word about the mission of BDH.

Thank you for making a difference!

This contribution is made in memory or honor of				
Name:				
Address:				
City:	State:	Zip Code:		

BDH is a nonprofit 501 © 3 organization that exists to enhance the lives of those affected with bleeding disorders.