

# ANTHONY ANZELL'S **AWARENESS MONTH ACTION STEPS**



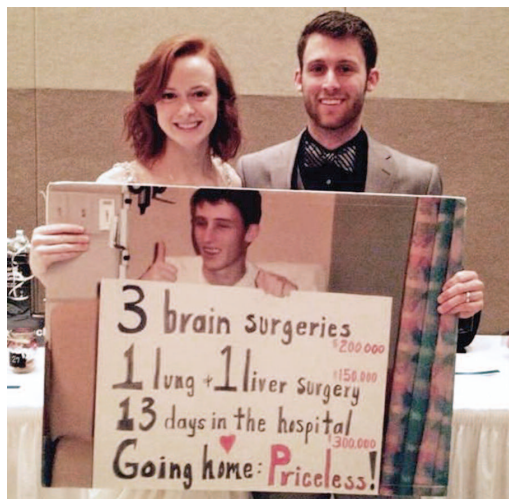
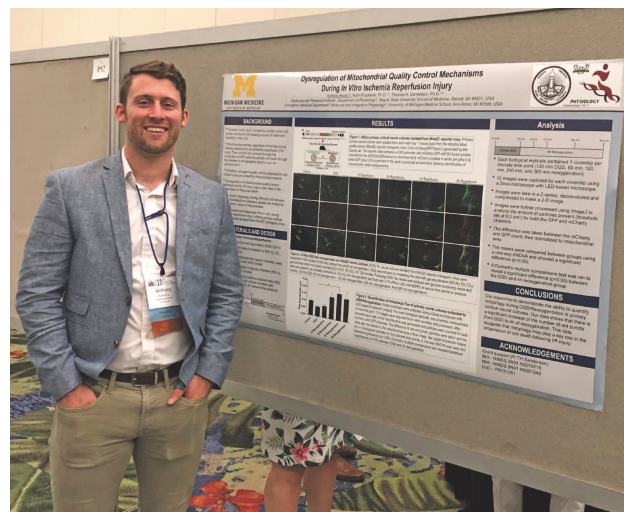
**Cure HHT** | P.O. Box 329, Monkton, MD 21111 t: 410-357-9932 f: 410-472-5559  
[curehht.org/awareness](http://curehht.org/awareness)

## ► It's All About Education!

Awareness Month is all about educating ourselves, our families and communities, and, most critically, the medical/scientific community.

Cure HHT continues to transform the future of this disease through research and publications, creating new clinical guidelines that will be released soon, hosting regional and international conferences, and this year taking on a new initiative to participate in and make our voices heard at conferences for hematologists, ENTs, and other specialists.

**Make a gift to support Cure HHT's Awareness efforts and visit [curehht.org/awareness](http://curehht.org/awareness) for more ways you can help!**



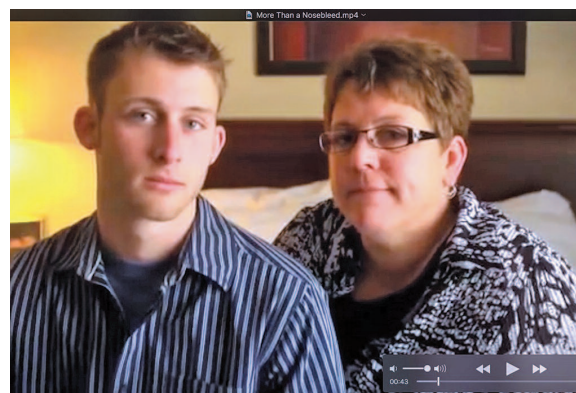
👉 That's my wife Emily -- in college she was the coxswain for her rowing team -- you know, the one who sits in the back of the boat and shouts out commands...she never lets me give up!

And that's my Mom in the "More than a Nosebleed" video. 👉

She and my Dad taught me to stay positive and believe in myself... **#TheyLiftMeUp**

## ► Tell Your Story!

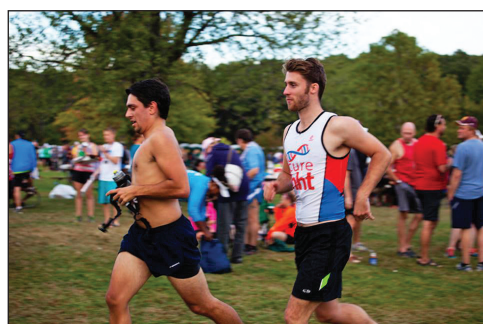
The more we tell other people about how HHT impacts our lives, the more will the world understand this killer disease! You can still view the video "**More Than a Nosebleed**" online and share it with family and friends! And share your own story for others to hear. Visit [curehht.org/awareness](http://curehht.org/awareness).



## ► **Make a donation and help us meet our \$25,000 match!**

Every dollar you give by June 30th will be matched by a generous group of donors up to \$25,000! Notably, for 2020, you can deduct up to \$300 in donations, even if you don't itemize. Take advantage of this opportunity and give as generously as you are able! Visit [curehht.org/awareness](http://curehht.org/awareness).

## Man swims across Torch Lake for HHT awareness



## ► Talk to the Media About HHT

That's right -- step in front of the camera and use HHT as your platform to reach even more people. Have the courage to embrace our cause -- it humanizes our fight and you may be surprised how many people can relate to it! Download a press kit for your local news channel at [curehht.org/awareness](http://curehht.org/awareness)

Cure HHT launches media campaigns that reach the public nationwide, which have resulted in nationwide coverage and major feature articles in *The New York Times* and *The Washington Post*!



## Join us for: *Strides for Strength—A Virtual Walk Fundraiser*

*Cure HT's first ever Global event! Now through June 20th*

In times like these, it is easy to feel alone. Get connected! Tell your friends. If we can't be together physically, we will join together virtually and raise needed funds to help Cure HHT continue its mission to find, treat and cure HHT.

Sign up today at [curehht.org/awareness](http://curehht.org/awareness)

**Join Emily and me and together let's change the future of this disease!**