





**JUNE 2025***HHT Awareness Month*

<b>1</b> Share Cure HHT's posts	<b>2</b> Watch and forward videos about HHT symptoms	<b>3</b> Calculate your Epistaxis Severity Score	<b>4</b> Post a picture of your favorite comfort meal and its recipe	<b>5</b> Forward the HHT Guidelines website to your PCP	<b>6</b> Connect with Cure HHT on social media	<b>7</b>  Virtual Watch Along: House
<b>8</b> Join an HHT registry	<b>9</b> Download Cure HHT's social media graphics	<b>10</b> Take a picture wearing red and blue	<b>11</b> Take an on-demand CME course at curehht.org	<b>12</b> Send your local news Cure HHT's campaign press release	<b>13</b> Share your HHT Story with Cure HHT	<b>14</b> Host a table about HHT at your local hospital
<b>15</b> Encourage your doctors to sign up for Cure HHT's research hub	<b>16</b> Share Cure HHT's Fact Sheet	<b>17</b> Download the "My HHT Tracker" app	<b>18</b> Use #SeeBeyond in your social media posts	<b>19</b> Learn about giving samples to Cure HHT's Biobank	<b>20</b> Color in and post one of Cure HHT's coloring pages	<b>21</b>  Virtual Watch Along: Chicago Med
<b>22</b> Share what you wish people could "SeeBeyond"	<b>23</b>  Celebrate Global HHT Awareness Day	<b>24</b>  Webinar: Mental Health & HHT	<b>25</b> Wear your Cure HHT merch from the online store	<b>26</b> Sign up for Cure HHT's newsletter	<b>27</b> Ask for support through donations for Cure HHT	<b>28</b> Share a piece of advice for those new to HHT
<b>29</b> Plan a gift in memory of a loved one	<b>30</b> Thank loved ones and healthcare providers for their support					