



Join me and the National Bleeding Disorders Foundation (NBDF) this March to celebrate Bleeding Disorders Awareness Month (BDAM).

*[If desired, insert a sentence about why this awareness month is important to you.]*

This year, my friends at NBDF are promoting a “Start the Conversation” campaign to spread awareness and educate people about inheritable blood and bleeding disorders.

I’m emphasizing the importance of research. Some of my friends in the community are focusing on genetic history, novel treatments, women’s health, health equity, and more.

It takes many voices to raise awareness for this meaningful cause—will you join me in starting the conversation this month?

Go to your favorite social media channel, share what matters most to you, and tag NBDF. Be sure to include #BleedingDisordersAwarenessMonth or #BDAM. Your post might get shared by NBDF throughout March.

To check out the “Start the Conversation” campaign and learn more about BDAM, visit [hemophilia.org/BDAM](https://hemophilia.org/BDAM).

Be sure to like and follow NBDF across social media for BDAM content.

Facebook, LinkedIn: @NationalBleedingDisordersFoundation

X/Twitter, Instagram: @nbd\_foundation

X/Twitter (Español): @NBDFespanol

TikTok: @natlbdfoundation

YouTube: @NBDFvideo