

Dear Chapter Leaders,

The National Bleeding Disorders Foundation (NBDF) would like to welcome you to **T.H.R.I.V.E.!**

Living with a bleeding disorder isn't always easy, but there are essential steps people can take to thrive despite their diagnosis. The **T.H.R.I.V.E.** campaign was developed in collaboration with the Centers for Disease Control and Prevention (CDC), to educate and empower people with bleeding disorders and their loved ones on **6 key steps** for leading a healthy life.

### **Where can you get more information and find resources?**

The **T.H.R.I.V.E.** campaign includes multiple resources, in-depth information, and helpful tools for each of the **6 key steps** to support community members to thrive. You can find these at <https://www.bleeding.org/educational-programs/outreach/thrive>.

You can request any of the print materials by contacting [handi@bleeding.org](mailto:handi@bleeding.org).

### **How can chapters use T.H.R.I.V.E.?**

NBDF invites chapters to join us in spreading the word about the **6 key steps** for leading a healthy life with a bleeding disorder. This toolkit provides you with many templates, resources, tools, and information to share with your local community.

### ***Here are a few ideas of how you can share T.H.R.I.V.E.:***

- Share the materials with your community in print or digitally
- Request NBDF to have a table with T.H.R.I.V.E. materials and/or to present on T.H.R.I.V.E. at one of your local education events
- Use materials to start a conversation on any of the topics of T.H.R.I.V.E.
- Share amongst your colleagues
- Share on social media
- Send this information out in a community newsletter

We hope that you will join us in the T.H.R.I.V.E. campaign!

In good health,



Philip M. Gattone, M.Ed.  
President and Chief Executive Officer