

Come learn, share, and interact

Discover more about bleeding disorders through these programs designed just for you



Mindfulness (English)

Come learn, share, and interact with people who “get it” because they are living it too. These presentations are custom-designed to help you understand the science behind bleeding disorders or overcome challenges you might face. Presented by a Takeda speaker who will provide the group with practical advice and helpful tips.

Mindfulness

Mindfulness is a quality that we all possess. It can be an important tool to help us navigate through life. This presentation will explore mindfulness, how it can benefit the body and the mind, and promote a healthier lifestyle. You will also have the opportunity to experience simple mindfulness exercises and learn how to begin cultivating your personal practice.

SPEAKER

Lisa Horstman

RSVP

May 8, 2023
Sue Martin
sue.martin@bda-sc.org

DATE/TIME

Thursday, May 11, 2023
6:00 PM ET

LOCATION

Painting with a Twist
275 Harbison Blvd
Columbia, SC 29212

*This program is for U.S. patients and caregivers only and is not intended for healthcare professionals. All patient attendees must be of an appropriate age for the disease state and/or products being discussed. Patient attendees may bring up to two caregivers/family members. Attendees under the age of 18 must register with and be accompanied by an adult. Attendee expenses are not reimbursable. This program is for educational purposes only and is not a substitute for the advice provided by your healthcare provider. Consult your healthcare professional for your medical concerns.

This event is sponsored by Takeda in partnership with:

Bleeding Disorders Association of South Carolina

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