

# YOU'RE INVITED!



## SELF-ADVOCACY: SHARING YOUR STORY

Focuses on understanding and practicing self-advocacy and ways to build confidence to empower yourself to speak up. Everyone has a story to tell. It is important to be able to share a strong story to advocate for yourself and the bleeding disorders community. This HELLO TALK discusses the critical elements of a compelling story and helps attendees develop their own story through effective communication skills. PLEASE NOTE: This program will be presented in BOTH English and Spanish.

You're invited to participate in HELLO TALK—an educational program for individuals affected by bleeding disorders.

### DATE/TIME

Saturday  
October 12, 2019  
11:30 AM - 1:30 PM

### LOCATION

Havana Central  
55 Parsonage Road  
Edison, NJ 08837

### SPEAKERS

Betsy Koval  
Annabelle Garcia

### RSVP

RSVP by 10/9/19  
Cindy Hansen at 732-249-6000  
or [chansen@hanj.org](mailto:chansen@hanj.org)

**If you are younger than 25 years of age you may invite up to 4 guests, which may include:**

- 2 parents/guardians
- 1 caregiver
- 1 sibling/child

**If you are 25 years of age or older you may invite up to 2 guests, which may include:**

- 1 spouse/significant other
- 1 caregiver/sibling/child

**This event is sponsored by Shire in partnership with:**

Hemophilia  
Association of  
New Jersey

**For any questions, contact your local Shire representative. We look forward to seeing you there!**