



Simplifying the Care of Complex Diseases for All

MONTHLY NEWSLETTER

iHealth and Wellness Foundation, Inc.

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A501(c)(3) Nonprofit: Offers Simple, Tax-Advantaged Giving Options



VOL. 9

FREE EVENT

Supportive Care Talk: Navigating NF with Confidence

Living with NF can be challenging, but you're not alone. Join us for a discussion with a leading clinician sharing expert guidance on managing symptoms, improving quality of life, and accessing the right care with confidence.



Sasika Nanayakkara
iHealth Founder,
CEO and CTO



Dr. Rebecca Brown
Board-Certified Neurologist
and Neuro-Oncologist |
iHealth Advisor



Upcoming Event: Navigating NF with Confidence

Date: Tuesday March 25th

Location: Virtual

Register now:

<https://forms.gle/h8ttNrRbfNmSVj7f6>

Register today to secure your spot and stay updated on event details!

[Watch Here: https://youtu.be/418xF5b0w60](https://youtu.be/418xF5b0w60)

Educational: Facts About Neurofibromatosis

Current Research and Advances on NF



Research is being done on a daily to ensure proper healthcare is provided for those living with NF

[Watch Here: https://www.youtube.com/watch?v=b7Ap2jxkI_I](https://www.youtube.com/watch?v=b7Ap2jxkI_I)

Prognosis and Outlook on NF



New treatments are emerging every day to pave the way for a brighter future for those living with NF.

[Watch Here: https://youtu.be/418xF5b0w60](https://youtu.be/418xF5b0w60)

Ways to Help

- **Give hope, give health:** Visit www.ihealthwellness.org to make your contribution.
- **Share:** Amplify our message by sharing our Giving Tuesday posts on social media.
- **Volunteer:** Share your time and skills to support our mission. [Contact us! https://www.ihealthwellness.org/job-openings](https://www.ihealthwellness.org/job-openings)

♥ How Far Will Your Donation Go?

\$50 Provides educational resources to NF patients and families, with plans to expand to other diseases

\$100: Supports outreach to connect NF patients with healthcare providers

\$500: Contributes to patient advocacy tool development, extending support to other chronic conditions