



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

## Educational: Facts About Neurofibromatosis

### Current Research and Advances on NF



Research is being done on a daily basis 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>

### 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



Time: 5 PM ET



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>

## Ways to Help

- **Give hope, give health:** Visit [www.ihealthwellness.org](http://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>

## ♥ 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