



**JUNE FOR
JOINT HEALTH™**

Brought to you by NHF and Sanofi Genzyme

JOIN US FOR A VIRTUAL YOGA SESSION

Clinical studies have shown that stretching and exercising can have the potential to improve joint health and reduce joint bleeds.¹⁻² Sanofi Genzyme in partnership with National Hemophilia Foundation would like you to join us for a stretching webinar on June 30, 2021 to teach you joint-focused yoga and how to create a habit of regular activity.

WEDNESDAY, JUNE 30, 2021

Jhon Velasco

Public Health Educator and Yoga Trainer

LET'S GET MOVING!



START A ROUTINE

Yoga can benefit joint health. When starting off, remember to ease into activity.



STRETCH & YOGA

Practicing yoga everyday can target joint strength, balance, and flexibility.



GET MOVING

To practice yoga, all you need is a mat, the air in your lungs, and focus.

**GET YOUR
YOGA MAT**



Contact your doctor or physical therapist before starting any physical activity and exercise program for recommendations that are specific to your current level of health. Do not stretch if a joint or muscle has had a recent bleed, is swollen, warm, or painful.

Sponsored by



SANOFI GENZYME



¹Strike K, Mulder K, Michael R. Exercise for haemophilia. Cochrane Database of Systematic Reviews 2016, Issue 12 Art. No.: CD011180. doi: 10.1002/14651858.CD011180.pub2.

²Textbook of Hemophilia, Third Edition. Edited by Christine A. Lee, Erik E. Bemtorp and W. Keith Hoots Chapter 35 Physiotherapy in the management of hemophilia, 2014