

# THRIVE



NATIONAL BLEEDING DISORDERS FOUNDATION

6 Steps to Living Healthy with a Bleeding Disorder

## THRIVE EDUCATIONAL RESOURCES



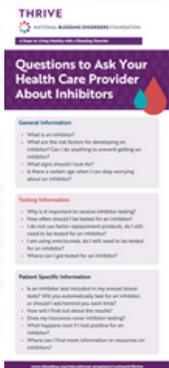
### THRIVE FLYER

This resource outlines six key steps for individuals with bleeding disorders to lead a healthy lifestyle.



### ONE PAGERS

These concise summaries highlight the six essential steps of the THRIVE campaign, offering insights and resources to empower affected individuals and their support networks.



### THRIVE QUESTIONS FOR YOUR HEALTH CARE PROVIDER

This guide provides essential questions to facilitate open conversations with your health care provider, empowering patients to advocate for their health and ensure effective management of their condition.

# THRIVE EDUCATIONAL RESOURCES



## THRIVE COLORING ACTIVITY BOOK

This engaging coloring book for children features illustrations and activities that teach the six steps of the THRIVE campaign, promoting understanding, self-advocacy, and independence.



## NEWSLETTER

The THRIVE Newsletter offers insightful information about the campaign's launch, including its background and goals.



## THRIVE SOCIAL MEDIA TOOLKIT

The THRIVE Social Media Kit provides graphics, captions, and hashtags to help raise awareness about living with bleeding disorders. It equips users with ready-to-share content that highlights the six key steps from the THRIVE campaign, encouraging community engagement and support.