

FOR IMMEDIATE RELEASE

(Waterloo, ON) April 22, 2020 – The Huntington Society of Canada (HSC) is looking forward to three live broadcasts as part of a ‘Seasonal Series’ of Community Education Forums (CEFs) being offered until February.

While HSC has a history of providing CEFs for families and individuals affected by Huntington disease (HD) and their carers, this is the first time the organization has offered three separate webinars, each with their own topic. The seasonal series provides participants with an opportunity to learn more about recent updates in HD (including research and clinical trials, caregiving, and genetic testing) as well as to have their questions answered by leading professionals who specialize in HD.

“The Community Education Forums are providing HSC the opportunity to bring our community together and share important information, in ‘virtual’ safety, during this time of COVID-19,” says Bev Heim-Myers, Interim CEO with HSC.

The seasonal series kicks off on Saturday, May 30 with a presentation on **“Self-Care for the Caregiver”** with HD community member, Natalie Marnica. “Together we will explore information and resources to reduce stress and anxiety, build resilience, and reverse caregiver burnout,” says Marnica. “It is a topic that is so important during this time of high-stress, and is applicable to so many, even those outside of the HD community”.

The series will also include a presentation on Saturday, Nov. 14 covering the latest updates in HD research and clinical trials from Drs. Ed Wild and Jeff Carroll. The series concludes with a presentation led by Clare Gibbons, genetic counselor at Toronto’s North York General Hospital on Saturday, Feb. 27, 2021 about genetic testing and the variety of considerations when being tested for a gene mutation like the one carried by individuals with HD.

“The world of HD is changing and we look forward to providing these accessible opportunities, at no cost, to those interested in learning more about Huntington disease,” concludes Heim-Myers.

Registration is now open for the Seasonal Series. Those interested can visit www.huntingtonsociety.ca/cef to learn more or to register for one or more of the webinars.

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Huntington disease (HD) is a debilitating brain disorder that is fatal and incurable. About one in every 7,000 Canadians has HD and approximately one in every 5,500 is at-risk of developing the disease. Many more are touched by HD whether as a caregiver, a family member, or a friend. Huntington disease is often described as having the symptoms of Alzheimer’s, Parkinson’s and ALS – simultaneously. As the disease progresses, a person with Huntington’s become less able to manage movements, recall events, make decisions and control emotions. The disease leads to incapacitation and, eventually, death.

The **Huntington Society of Canada (HSC)** is a respected leader in the worldwide effort to find a meaningful treatment for Huntington disease. HSC is the only Canadian health charity dedicated to providing help and hope for families dealing with Huntington disease across Canada.

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