

FOR IMMEDIATE RELEASE

(Waterloo, ON) May 14, 2020 – The Huntington Society of Canada (HSC) recently announced three live broadcasts as part of a ‘Seasonal Series’ of Community Education Forums (CEFs) being offered until February 2021.

The first CEF will go live Saturday, May 30 at 1:30 p.m. EST and focuses on self-care for caregivers. The 1-hour broadcast will be led by Natalie Marnica. Born in a family with Huntington disease (HD), Natalie has spent many years caregiving for her mom and other family members. Natalie has been a volunteer with HSC for over 5 years, and is currently serving as president of the Toronto chapter, as well as acting as a youth mentor for HSC. Natalie is a certified yoga therapist, and has successfully reversed her own caregiver burnout, and healed chronic pain and depression. “In dark times, there is still hope for a better future”, Marnica says.

Attendees of the webinar will learn about filling your cup, building on the concept that one cannot pour from an empty cup. Marnica will share simple tools to relieve stress, caregiver burnout and optimize health. “It is really a topic that is applicable to anyone in a caregiving role, whether of an elderly parent, or a loved one with an illness or injury. It is extremely relevant during this time of high-stress, as the pandemic, social distancing and isolation requirements cause our caregiving roles to shift,” Marnica adds.

The webinar will explore how chronic stress affects your body, and how mind-body approaches, including conscious breathing, meditation, mindful movement and lifestyle habits can help alleviate chronic stress, reverse caregiver burnout and improve overall health and wellbeing.

Pre-registration is required in order to receive login information for the webinar. Those interested can learn more at www.huntingtonsociety.ca/cef.

The seasonal series offered by HSC 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.

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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.

For More Information:

Lianne (Lia) Appleby
Communications and Marketing Manager
519-749-8491, ext. 130
lappleby@huntingtonsociety.ca



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