



THE STURGE-WEBER FOUNDATION eNEWS

CONNECTING WITH KAREN | Mindfulness

Read the full article [here](#).



MAY 2021 - MONTH OF AWARENESS

Just days away SWF will celebrate CAREGIVERS during Month of Awareness. Join us in our endeavor to celebrate and support our "unsung" heroes - mom, dad, grandparents, siblings, extended family, friends, doctors, nurses, therapists, and so many more that take an active role in making sure SWS patients are provided with the care needed for the best quality of life.

CLICK HERE TO CHECK OUT ALL THE EXCITING ACTIVITIES IN MAY!



GET YOUR FREE GEAR! JOIN THE SWF MILLION MILES CAMPAIGN! April 1 through June 30 - RUN | WALK | BIKE | WHEEL

Join SWF and the Clinical Care Network Centers across the country as we get outside, get healthy, and raise awareness of SWS and Birthmarks virtually! It's easy to join and a great opportunity for the entire family! All participants will receive a Million Miles t-shirt, gator mask and shoes laces!

[CLICK HERE](#) FOR DETAILS AND REGISTRATION.



ATTENTION ATLANTA BRAVES FANS | SWF FAMILY GAME DAY - Saturday, May 22 | 4:10 PM | Truist Stadium, Atlanta, GA
\$25 per ticket (includes ticket to the game and t-shirt)
Fundraising Opportunities to receive 2 free tickets and t-shirts!

[CLICK HERE](#) FOR PRE-GAME ACTIVITIES, FUNDRAISING, AND REGISTRATION.



MINDFULNESS: THE LIGHT THAT SHINES WITHIN
Thursday, April 29 | 3:00-3:40 PM (EST)
Presented by Jessica Drew de Paz, PsyD at the UC Irvine Susan Samueli Integrative Health Institute

There is a light that shines within each of us . . . a light that bolsters our wellbeing and illuminates our wholeness. Explore simple, evidence-based practices that cultivate mindfulness and self-compassion.

[CLICK HERE](#) FOR DETAILS AND TO REGISTER.



THE IMPORTANCE OF GOOD NUTRITION - FREE SEMINAR - Friday, April 30, 2:30-3:30 PM (EST)
Presented by UC Irvine Susan Samueli Integrative Health Institute

Guest Speaker, Sherry Schulman, will discuss realistic lifestyle modifications to healthier nutrition for patients and caregivers.

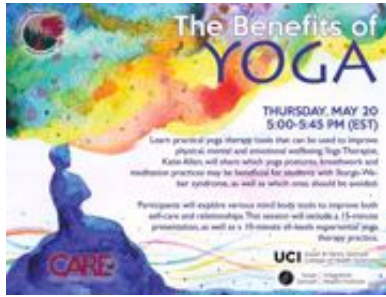
[CLICK HERE](#) FOR DETAILS AND REGISTRATION.



SELF CARE AND STRESS REDUCTION FOR CAREGIVERS - FREE SERIES IN MAY
Each Sunday in May, beginning May 2 | 3:00-4:00 PM (CST)

Guest Speaker and Certified Mindfulness Facilitator, Dr. Ann Friedman, will guide participants through ways to promote self care and reduce stress. In order to take care of others, we must take care of ourselves, both mentally, emotionally and physically.

[CLICK HERE](#) FOR DETAILS AND REGISTRATION.



THE BENEFITS OF YOGA - Thursday, May 20, 5:00-5:45 PM (EST)

Join Katie Allen, Yoga Instructor, from the UC Irvin Susan Samueli Integrated Health Institute, for this FREE seminar as she leads participants through practical tools of yoga to improve physical, mental and emotional wellbeing. A 10-minute all-levels experiential session is included in the seminar.

CLICK HERE FOR DETAILS AND TO REGISTER.

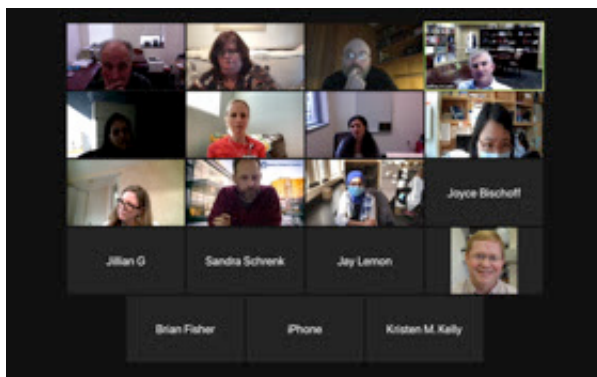
SWF EDUCATION DAY MINI SUMMIT - JUNE 5 | 1:00-3:00 PM (EST)

Join us for the next SWF Education Day Mini Summit, sponsored by UCB Pharmaceutical.

CLICK HERE FOR DETAILS AND REGISTRATION.



Recap on April 3 Mini Summit - there were over 29 attendees at the last SWF Mini Summit. Israel, India, England, New Zealand, Canada and Romania were all represented along with those from the U.S. A special "shout out" to our Task Force Leaders - Dr. Esteban Fernandez, Dermatology; Dr. Lauren Blieden, Ophthalmology; Dr. Dave Shahani, Neurology and Carol Roethke-Greene, RN. Thank you everyone who participated. Thank you to our sponsor, UCB, for their continued support.



RECAP | SWFIRN ANIMAL RESEARCH

In March, the SWF International Research Network Animal Research Group met virtually. The meeting was attended by over 20 researchers, clinicians and the Foundation. Dr. Patrick Smits from Boston and Dr. Elisa



THE HAPPY CHAT SHOW

Karen Ball took part in an interview on "The Happy Chat Show". Karen had a lot of fun to hear all the wonderful questions, thoughts and answers.

Boscola from Cincinnati explained their current project and how the work was proceeding. It was exciting to see so many professionals come together to discuss this special research so openly and collaborate with one another. Many of the donations the Foundation receives go directly to fund this specific research project and others like it. We thank our professionals and donors for continuing to forge the way to new and better treatments.

So, what is "The Happy Chat Show"?

Community Connections Life has created an integrated platform to help promote the lives of adults with disabilities experience "more". Our goal is to promote success through relationship building and independence. Overcoming entrenched challenges requires Visio, creativity and effort equal to the scope of the problem.

Thank you to "The Happy Chat Show" for having Karen on the show!

#HappyChatShow | #SWF | #SWS



The Sturge-Weber Foundation Partners With Qlaris Bio In Phase 1/2 Studies of QLS-101, an Investigational Therapy Designed to Lower Episcleral Venous Pressure (EVP) in Patients with Glaucoma

THE OFFICIAL SWF ONLINE STORE WE'VE GOT MOTHER'S DAY SET!



Mother's Day is May 9th.

Need a gift that is practical, useable, and reminds her how special she is every time she uses it? Check out the SWF "Mom makes life better!" stainless water bottle. Perfect for no spill traveling, taking to the gym, office, wherever.

Click here to order!



Or maybe she would like this. . .

A draw string gym bag, or shopping bag, or collect everything no one wants to carry bag! Made of tough woven nylon and supported corners and opening with draw strings.

Maybe you should get both as a matching set, order here!

2021 SWF SPONSORS



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