

YOU'RE INVITED



PH Patients and Families Education Forum

A program of the PHA Community PH Education Fund

PHA on the Road is a free program that provides education, support and networking opportunities for people with pulmonary hypertension (PH), their family members and PH experts. Join us for interactive presentations about the diagnosis and treatment of PH, the current research underway and how to live your best life while living with PH.

Join Us at One of Our 2019 Forums:

- **San Francisco**
Saturday, Aug. 10, 2019
8:30 a.m. to 3:30 p.m. PDT
The Westin San Francisco Airport Hotel
- **Kansas City, Kan.**
Saturday, Oct. 12, 2019
8:30 a.m. to 3:30 p.m. CDT
Sheraton Overland Park Hotel at the Convention Center

Register Today By:



Visiting PHAssociation.org/OnTheRoad



Calling
301-565-3004 x803

Visit PHAssociation.org/OnTheRoad for more information on speakers, session topics and family programming.

Questions? Contact 301-565-3004 x803 or Meetings@PHAssociation.org.

PHA on the Road Provides These Services and Opportunities:

- Free self-parking.
- Free breakfast and lunch, coffee and snacks.
- Free child care for ages 3-17 (no diapers).
- Meet others living with PH (possibly very near you!).
- Get your PH questions answered by experts.
- Learn what is on the horizon in PH research.
- Experience a PH support group meeting.
- Be empowered to manage your own health and advocate for yourself.
- Connect with PHA for resources, support and opportunities to fight back.



Common Session Topics at PHA on the Road:

- Diagnosing PH: Tests, tests and more tests.
- Communicating and advocating for yourself in a PH emergency.
- Finding insurance coverage and making it work.
- Healthy diet and lifestyle choices in PH: Managing your diuretics and fluids.
- The important benefits of exercise and pulmonary rehabilitation programs in PH.
- Oxygen: How to manage it at home, at work and on the go.
- What's on the horizon: Clinical trials and new treatments.

2019 PHA on the Road Locations:

PHA on the Road – San Francisco Saturday, Aug. 10, 2019

The Westin San Francisco Airport
1 Old Bayshore Highway
Millbrae, CA 94030

Hotel rooms are available at your own expense. Call 650-692-3500 to book your stay.

The closest major airport is San Francisco International Airport (SFO). There is a free shuttle service to and from the airport.

PHA on the Road – Kansas City, Kan. Saturday, Oct. 12, 2019

Sheraton Overland Park Hotel at the
Convention Center
6100 College Blvd
Overland Park, KS 66211

Hotel rooms are available at your own expense. Call 913-234-2100 to book your stay.

The closest major airport is Kansas City International Airport (MCI).