

WORLD HEMOPHILIA DAY APRIL 17TH

IMPROVE YOUR LIFE!



Regular exercise helps strengthen muscles,
prevent bleeds, and protect joints.

Ask your physical therapist or doctor
about the exercises that are best for you.

Visit your treatment centre annually.

Contact the WFH for further information.

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WORLD FEDERATION OF
HEMOPHILIA
FÉDÉRATION MONDIALE DE L'HÉMOFILIE
FEDERACIÓN MUNDIAL DE HEMOFILIA
Treatment for All

