Reach out, empower & be part of the change!

RESEARCH
- Participating in Research
  - Improves the quality of our research & increases awareness
  - Helps HER attract prominent researchers and grants.

FUNDRAISE
- Raising Money for HER
  - 100% goes to Education & Research
  - Increases awareness among health professionals and the mothers they serve.

SHARE
- Spreading the Word
  - Tell your story in your unique way & refer others to the HER site.
  - Builds support structures and information sharing that helps others with HG.

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