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## Heartland Division Newsletter Fall 2016

**It's feeling like Fall at the American Liver Foundation- Heartland Division!** We wrapped up the summer by hosting our annual Liver Life Walk Indianapolis, paying tribute to Anthony S. Tavill, MD at our Citywide Liver Rounds educational program for healthcare providers in Cleveland, and hosting our first 5k race in Independence, Ohio. We also welcomed a new staff member! Meet Colleen Slattery, **Event Coordinator**. Read more below about these events and programs, and upcoming ways that you can support the ALF.

**Liver Life Walk:** Liver Life Walk is the national fundraising walk of the American Liver Foundation and the largest fundraising and awareness event related to liver health in the United States. Thank you to the **212 walkers** that joined us in **Indianapolis** on August 13th and raised **\$21,978** in the fight against liver disease! You can view photos from the event on our [Facebook page](#) here.

**Liver Life Challenge 5k:** On September 18th, we hosted our very first 5k race in Independence, Ohio. We welcomed 95 walkers, runners, and volunteers to the event, and got everyone out and moving. Exercise is so important for your liver's health. Our race partner, **Hermes Sports and Events**, had a great course mapped out that started and finished at the Independence Fieldhouse. We rewarded runners/walkers with fun liver-themed t-shirts and liver-shaped finishers medals for all. The event raised \$10,630 in the fight against liver disease, and reached a new audience for the ALF. You can view photos from the race on our [Facebook page](#) here.

**Education:** We are hosting a new **Ask the Experts: Pediatric Liver Disease** free educational program on Thursday, December 8th at 6:00pm at the Embassy Suites in Independence, Ohio. Registration is required. A panel of experts will address: Autoimmune Liver Disease, Fatty Liver Disease, Cirrhosis/Portal Hypertension, and Liver Transplant in Children. Learn more about this patient education program, and register online, [here](#).

Fall is here and schools are back in session. Is the ALF active in your child's school or district? If not, help us educate our youth about the liver, prevention, and our mission. Contact Colleen at [cslattery@liverfoundation.org](mailto:cslattery@liverfoundation.org) to schedule a free Love Your Liver or Teens to Twenties education session for your school.

**PBC Educational/Support Group:** The ALF will be coordinating and hosting a new educational and support group for patients living with Primary Biliary Cholangitis (PBC) in Northeast Ohio. The first meeting will be held in January 2017. If you are interested in learning more, please contact Pam at [pzangara@liverfoundation.org](mailto:pzangara@liverfoundation.org).

**Flavors of Northeast Ohio:** If you are unable to attend our Flavors of Northeast Ohio gala on Monday, October 17th, you can support the event by making a donation to our fund-the-mission. Our 2016 LIVER Champions, Traci and Brodie Tighe, are helping the ALF put a face to liver disease. Read more about how Traci gave a "sliver of her liver" to her son, and is now raising important awareness for organ donation and liver disease.



Thank you for your support as we wrap up 2016. It's been an amazing year at the ALF, and we look forward to 2017.

**- The Heartland Division Staff**

*Katrina Homer, Executive Director*

*Colleen Slattery, Event Coordinator*

*Pam Zangara, Administrative and Development Assistant*

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**American Liver Foundation**  
 39 Broadway • Suite 2700  
 New York • NY 10006  
 212-668-1000



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