AlphaNet moves into a newly renovated office building in Coral Gables, Florida

AlphaNet officially has a new place to call home! In November 2013, AlphaNet relocated to a 10,000-square-foot office building in two-tired Coral Gables, Florida—known as the “City Beautiful.” Having completed a total renovation of the space, AlphaNet is excited to host a variety of meetings in the technology-enhanced conference rooms. Furthermore, AlphaNet now has the ability to send Welcome packets and educational materials in a timely and more efficient manner thanks to having Tim Packard as the designated mailroom. Because AlphaNet promotes healthy living, we have included a well-equipped gym as a way to keep our team members together and in a place to work toward helping Alphas lead better, healthier lives through our disease management programs and voluntary research endeavors. With that in mind, we are confident that this building represents the promise and potential for growth that AlphaNet is committed to calling. If you are interested in learning more about this important study or discuss the possibility of participating, please contact one of the following study coordinators.

GRADS Study Aims to Apply Genomics to Alpha-1

**Alpha-1 Association Education Days**
co-sponsored by the Alpha-1 Foundation

**February 22**
San Francisco, CA

**March 22**
Dallas, TX

To find out more about conferences and support groups, visit the Alpha-1 Association website at www.alphanet.org or call toll-free: (800) 521-3025.

**Alpha-1 Foundation Event Calendar**

**March 3 – Celtic Connection**
Boston, MA

**April 14 – Friends for a Golf Tournament**
Jacksville, FL

To find out more about these or other events in your area, log onto www.alphanet.org or call toll-free: (888) 825-7421, ext. 233.

**CONGRATULATIONS!**

**AlphaNet would like to acknowledge the following**

- **Sweeprade**
- **Tees**
- **Jackpot Winners**

**March 2013:**
- **Jane Murphy**
  - Ephraim, UT
- **Earl Hodson**
  - Denver, CO
- **Joris Ramstein, BA**
  - University of California - San Francisco

**August 2013:**
- **Edward Chen, MD**
  - Yale University
- **Donna Carrano, RN**
  - Yale University

**February 2014:**
- **Ronald Collman, MD**
  - University of Pennsylvania
- **Milton Rossman, MD**
  - University of Arizona

**March 2014:**
- **Ayannah Fitzgerald, BAS/BSN**
  - University of California - San Francisco
- **Linda Breslin**
  - Johns Hopkins University

**April 2014:**
- **Briana Barkes**
  - AlphaNet
- **Briana Barkes**
  - AlphaNet

**May 2014:**
- **Terry L. Young**
  - AlphaNet
- **Linda Corrigan**
  - AlphaNet

**June 2014:**
- **Veronika V. Dosseva**
  - AlphaNet
- **Edward J. Parker**
  - AlphaNet
Here’s to staying warm and maintaining good health this winter!

With these tips in mind, you will be better prepared for what lies ahead in the upcoming chilly months.

Remember that you may need to limit your contact with family members who have a family history of illness this flu and cold season.

Don’t overexert yourself. When the air outdoors falls into the single digits and even lower, and you still want to exercise, please remember to warm up prior to your walk. You should spend 15-20 minutes warming up the body and stretching your limbs when leaving the house. There are also many exercises you can still do inside while watching the snow fall outside.

Avoid firearms or wood burning stoves. Alphas are more susceptible to irritation in their airways. Cold weather is very drying and can irritate your airways. Take the extra time to gather a scarf or mask before leaving your home. When you have this layer loosely over your mouth/nose area, it can warm and humidify your air, decreasing shortness of breath related to the “icy” cold air.

Exercise indoor versus outdoor. When the air outdoors falls into the single digits and even lower, and you still want to exercise, please remember to warm up prior to your walk. You should spend 15-20 minutes warming up the body and stretching your limbs when leaving the house.

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