



[#HDGratitudeDay23](https://twitter.com/HDGratitudeDay23)

H-Hands for HD Gratitude Day March 23

You can express your Gratitude for the partnership between families and scientists, all we've achieved together and the advances yet to come, with the H-Hands sign. All you need are your hands! You can do it anywhere at any time! We use it in the logo.

It's the traditional "heart hands" sign, but we've added an H. H stands for:

- Hope
- Humanity
- Huntington's

These are the three foundations of Factor-H as they serve Venezuelan families living with Huntington's in extreme poverty. <https://factor-h.org/>

Here's a limerick to guide you:

Flat hands facing each other.

Great! Here's another!

Thumbs meet tip to tip,

Three little ones dip.

You're making H-Hands, my brother!

Try it! It's harder than it looks! That's the challenge!

Take a picture of you, your kids, your family, and friends making H-Hands and post it to social media. You can't do H-hands and take a selfie at the same time!

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In the words of Mary Poppins, "In every job that must be done, there is an element of fun."

