

Empowering Lupus Patients



Presented by the Lupus Foundation of America, Illinois Chapter
Join us for this **FREE** educational seminar designed to
provide tools to better manage lupus.

Agenda:

8:30am—Registration

9:00am—The Latest in Lupus Research

Presented by Robert Katz, MD

10:15am—Fitness and Lupus:

Presented by certified personal trainer experienced with lupus

11:30am—Overcoming Self Defeating Behaviors When You're Chronically Ill

Presented by: Jenni Prokopy, founder, Chronicbabe.com

There will be two 15 minutes breaks.

Refreshments will be served.

Cost: FREE!

Saturday, February 7, 2009

8:30am to 1:00pm

Trinity United Church of Christ

Village Center

1947 W. 95th St.

Chicago, IL

Let us know you're coming!

Email: sonya@lupusil.org or call 312-542-0002

Lupus Foundation of America, Illinois Chapter

Our mission is to improve the diagnosis and treatment of lupus, support individuals and families affected by the disease, increase awareness of lupus among health professionals and the public and find the causes and cure.