GET INVOLVED, STAY CONNECTED

Become an Advocate
Be a vital voice on legislation and policies impacting people with lupus. Visit our Legislative Action Center to sign up to be an advocate and make your voice heard. Visit Lupus.org/Advocacy.

Participate in Research
People with lupus and their caregivers can advance lupus research from the convenience of their home by simply sharing their lupus experience using RAY™: Research Accelerated by You. This online registry will help researchers accelerate the development of new treatments and enhance the quality of care for people with lupus. To learn more, visit Lupus.org/RAY.

Connect with Others
LupusConnect™ is our online community where people affected by lupus can engage with others to share experiences, find emotional support and discuss practical ways to live and cope with the disease. Join at Lupus.org/LupusConnect.

Team Make Your Mark™
Team Make Your Mark™ is a way for novice or experienced athletes to combine running or walking events with fundraising to support the lupus community. This includes our Virtual 6 Challenge-complete 6 miles in 6 days to help end lupus. To learn more, visit Lupus.org/TMYM.

Raise Awareness
There are many ways you can spread awareness of lupus and help bring greater attention and resources to the fight to end lupus. This includes everything from using social media to educate others about lupus to participating in national awareness campaigns, like Lupus Awareness Month. To get started visit Lupus.org/Spread-Awareness.

Make a Gift
Send your donation payable to the Lupus Foundation of America, 2121 K St. NW, Suite 200, Washington, DC 20037 or online at Lupus.org/Donate.

Walk to End Lupus Now®
Join more than 70,000 people across the country who walk with one unified purpose — to end lupus. Visit WalktoEndLupusNow.org to sign up for a walk near you.
At the Lupus Foundation of America, we understand the physical suffering, emotional turmoil and economic hardships caused by lupus. We collaborate with lupus medical experts to produce useful and relevant resources, programs, and services to directly help people with lupus and their doctors better manage the disease.

The Expert Series
Our educational podcast series features empowering episodes from leading lupus experts with a focus on helping you live well with lupus. New episodes are released throughout the year on the National Resource Center on Lupus. Visit Lupus.org/TheExpertSeries.

E-newsletter
Stay connected and sign up to receive our monthly e-newsletter that includes the latest research news and articles on living with lupus. Sign up at Lupus.org.

Social Media
For daily updates on lupus news and information, follow us here:

Lupus Foundation of America | To learn more, call 800.558.0121 or visit Lupus.org.

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