



# YOUNG WOMEN'S Virtual Retreat

AUGUST 6, 2022

Lupus typically affects young women during a time in their life when they may be preparing for college, launching a career, getting married, or starting a family. In other words, your life is busy, and dealing with a chronic disease like lupus probably wasn't part of your plans. Join us for this inspiring and informative virtual retreat for young women aged 19-30 living with lupus to learn how to take control of your health and well-being while meeting and sharing with others your age with lupus.

## Topics & Presenters



**Taking an Active Role in Your Lupus Care**  
9:10 a.m. – 10:00 a.m.  
**Joyce Chang, MD**  
Pediatric Rheumatologist, Boston Children's Hospital & Assistant Professor of Pediatrics, Harvard Medical School



**Reproductive Health in People with Lupus**  
12:00 p.m. – 12:45 p.m.  
**Catherine Sims, MD**  
Rheumatologist, Duke University



**Understanding & Managing Lupus Nephritis**  
10:00 a.m. – 10:45 a.m.  
**Joanne Mitchell-McLaren, RN, BSN, MSN, NP**  
Patient Engagement Liaison with GSK



**Grieving My Old Life, Receiving a New One**  
12:45 p.m. – 1:15 p.m.  
**Shanelle Gabriel**  
Poet, Singer, Educator, & Lupus Warrior



**Six Pillars of Health, Happiness, & Healing + Healthy Cooking Demo**  
10:45 a.m. – 11:30 a.m.  
**Kathy Levin, RDN, CDCES, DipACLM**  
Nutritiously Simple



**Thriving with Lupus – A Panel Discussion**  
1:15 p.m. – 2:00 p.m.  
Young women in their 30s will share tips and inspiration for thriving with lupus

All presentations include time for Q & A. Register & ATTEND the retreat to be entered into a drawing to win a \$200 Visa Gift Card!

Learn more and register at [lupus.org/tristate](https://lupus.org/tristate)

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Us in Lupus



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