



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/heartland

Sponsored By:



Us in Lupus



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