



**Saturday, June 22, 2019 | 10:00 a.m. to 4:00 p.m.**  
**Saint Louis Art Museum , Education Center**

**LEARN** Our panel of experts will help guide you through the transitions ahead as you enter college, begin your career, start a family, and cope with living with the unpredictable symptoms of lupus.

### **Lupus & Mental Wellness**

**Brea Strong, MSW, LCSW, MBA, Mental Wellness Specialist, Mercy Virtual Care Center**

Brea provides therapy services to individuals with chronic medical issues. She has also been living with lupus for the past 17 years. She will share strategies for coping with stress, channeling your inner calm, how to talk to others about your lupus, and how to find purpose and positivity in your life.

### **Lupus Employment Issues in the Workplace**

**Ann B. Plunkett, Attorney and President of WorkPlace Partners, Inc.**

As you enter the workforce, it is important to understand employment laws and the protections available for a person with a lupus diagnosis. Ann will review your rights and responsibilities in the workplace and help you understand the Family and Medical Leave Act (FMLA) and the Americans With Disabilities Act (ADA).

### **Women's Health & Lupus**

**Amber R. Cooper, MD, MSCI, FACOG, Medical and IVF Director of Vios Fertility Institute St. Louis**

Women living with lupus face a variety of challenges regarding their reproductive health. Dr. Cooper is a reproductive endocrinologist and infertility specialist and understands both personally and professionally the challenges of infertility. She will discuss how lupus, and the medication used to treat the disease, can affect menstrual function, pregnancy, contraception, and fertility.

**SHARE** Join our interactive sharing circles to meet, learn, and share with other young women living with lupus. These circles will be led by women who have been in your shoes! They will share their lupus story and provide tips, inspiration and ideas for living well with lupus in your twenties and beyond.

**RELAX & CREATE** Spend time with your new friends relaxing and creating. We will have three stations available and you may participate in one or more.

### **Sugar Scrub Bar**

Exfoliating with a sugar scrub can help create the appearance of smoother, glowing skin. We will provide you with all the ingredients and essential oils you will need to create your own sugar scrub to bring home.

### **Create a Personal Journal**

Journaling provides a way to clarify your thoughts and feelings, get to know yourself better, reduce stress, and solve problems more effectively. We will provide you with a new journal and craft supplies. Local artist **S. Jewell S. McGhee** will help you decorate your journal to really make it your own. Jewell's artwork is a source of thought provoking engagement as well as affirmation and healing to the communities in which she is engaged.

### **Relaxing Hand Massages**

Professional Massage Therapists from **Massage Envy** in Clayton will provide relaxing hand massages. You'll also receive hand lotion to take home and pamper yourself later.

**SAINT LOUIS ART MUSEUM GALLERY TOUR** At the conclusion of the retreat, you are welcome to join our group for An optional private art gallery tour from 4:00 – 4:45 p.m.

**AND MORE** Free garage parking, complimentary coffee, tea, water and soft drinks. Build your own healthy salad bar, and afternoon snacks. Door prizes and attendance gifts.

Help Us Solve  
The Cruel Mystery  
**LUPUS**<sup>™</sup>  
FOUNDATION OF AMERICA  
HEARTLAND CHAPTER