



LUPUS
RESEARCH
ALLIANCE

Living Life Healthy with Lupus

A program presented by Hospital for Special Surgery’s
Lupus Support Programs and the Lupus Research Alliance.

Learn more about living a healthy lifestyle with lupus by participating in free mini-workshops and demonstrations on looking and feeling your best. Bring a family member or friend to share in massage demonstrations, tai chi, nutrition, hair, make-up and more!

Lupus and Mental Health

Taking care of your emotions and mental health is as important as caring for your body when living with lupus. Lupus can be unpredictable, sometimes causing us to feel many emotions that may impact our mental health and wellbeing. Come and join us for a very important presentation as Dr. Blanco shares her expertise and some coping strategies to boost your emotional wellbeing while living with lupus.



Irene Blanco, MD, MS
Associate Professor of Medicine
Associate Dean of Diversity Enhancement
Rheumatology Fellowship Program Director
Albert Einstein College of Medicine

Attendees can register for up to 2 services on the day of the event on a first-come, first-served basis.

When: SATURDAY, MAY 12TH, 2018

Where: HOSPITAL FOR SPECIAL SURGERY
RICHARD L. MENSCHER EDUCATION CENTER, 2ND FL
535 EAST 70TH STREET, NEW YORK, NY 10021

Time: 11AM – 3PM (LIGHT LUNCH WILL BE SERVED)

RSVP: BY MAY 4TH 2018

Online with EventBrite @: <https://livinglifehealthywithlupus2018.eventbrite.com>

Or by phone:

Sandra Resto , Lupus Research Alliance	646-884-6000
Roberta Horton , SLE Workshop	212-606-1033
Eliza Nygan-Dittgen , LANtern® Program	646-797-8338
Priscilla Toral , LupusLine® & Charla de Lupus (Lupus Chat)® Manager	212-774-2108

