

**LUPUS**  
**ONTARIO**  
Life Without Lupus



# London Lupus Education Day

**Friday November 23, 2018**

**9:30 am to 3:30 pm**

Learn about lupus, coping, nutrition, medications and much more. Meet Lupus Ontario volunteers and connect with others in your community living with lupus.

**Westmount Presbyterian Church, Room JFH**

**521 Village Green Avenue, London N6J 4G4**

Several London Transit buses stop at the corner of Wonderland and Village Green and many more at the Westmount mall next door.

### **Registration Fees:**

**\$20 for members, \$25 for non members**

You must register a minimum of 5 days in advance.

To Register Contact: Juanita [jbutler@lupusontario.org](mailto:jbutler@lupusontario.org)

or by phone at 1-877-240-1099 or 905-415-1099

Please do not wear perfume or use any scented products as this is a fragrance free workshop.

[www.lupusontario.org](http://www.lupusontario.org)

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## Friday November 23, 2018

**9:00 Registration & Tea**

**9:30 Welcome Cathy Ferren, VP Lupus Ontario**

**9:45 Keynote Presentation Dr. Andreu Fernandez  
Codina Connective Tissue Disease Fellow SJHC**

**11:00 Break**

**11:15 Nutrition and Inflammation Cathy Ferren RHN**

**12:00 to 12:30 pm Lunch Break includes light lunch**

**12:30 to 12:45 pm Stress & Lupus Juanita Butler SSW**

**12:45 to 1:10 Sex and Lupus Juanita Butler SSW**

**1:10 to 1:30 Preparing For Winter Tarra Thompson**

**1:30 to 1:40 Break**

**1:40 to 2:00 Your Treatment & Support Teams**

**2:00 Lupus Medications Sobey's Pharmacist**

**3:00 Closing Remarks**

<b>Name:</b>	
<b>Address:</b>	
<b>City:</b>	<b>Postal Code:</b>
<b>Phone:</b>	<b>Email:</b>
<b>Cell:</b>	<input type="checkbox"/> Cheque <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Amex
<b>Card #</b>	<b>Expiry Date:</b>
<input type="checkbox"/> Member of Lupus Ontario \$20	<input type="checkbox"/> Non member \$25
<b>Food Allergies &amp; Sensitivities:</b>	