



The Lupus Self-Management Program

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Duration: 11 Webinars + Q&A Session

Hours Per Module: 1-1/2 hours

Program Description: This program will teach attendees the basic physiology involved in lupus, discuss nutrition and other self management techniques to live better with their chronic illness.

Objective: Living Well With Lupus, Healing and Hope

Learning Outcomes:

Upon completion of the lupus program, attendees will have the ability to:

- ✓ Establish a more effective plan to manage their lupus
- ✓ Have a better understanding of the role and function of body, mind and spirit in health
- ✓ Have a better understanding of the role of holistic nutrition in physical, psychological and spiritual health in lupus
- ✓ Be able to build their lupus treatment and support teams
- ✓ Be able to increase their spiritual health to help with health conditions
- ✓ Set realistic and achievable goals for their health concerns and wellness
- ✓ Develop and monitor their person wellness plan

Module 1: What is SLE Signs and Symptoms, Physiology & Immunity

Module 2: The Role of Nutrition

Module 3: Inflammation and Infection

Module 4: Stress Management

Module 5: Movement and Exercise

Module 6: Pacing and Priorities

Module 7: Medications and Dietary Supplements – 2 Webinars

Module 8: Building Your Treatment and Support Teams

Module 9: Mental Health and Spiritual Health

Module 10: Building Your Personal Wellness Plan

Live Q & A Webinar

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