

ABOUT US

We are part of a national force devoted to solving the cruel mystery of lupus by raising critical funds to improve the quality of life for all people affected by lupus. www.nwflupus.org

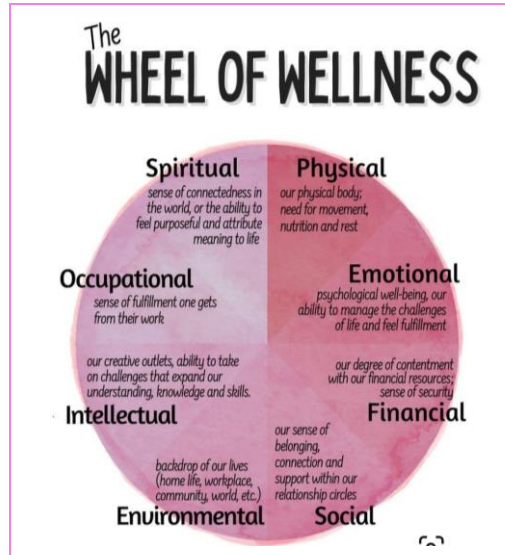


Everyone's health journey is unique and different. Along my own journey I've learnt some key things that I wanted to share to help you on your own.

My journey with lupus began in 2016 when I experienced a stroke and seizures and was rushed to the hospital. After a battery of tests and screening it was discovered that I some abnormalities throughout my body with lupus markers that came back positive. I soon learned my fate with words such as Chronic. Progressive, Exhaustion. Joint pain. Organ damage and failure. No known cause. No cure. Can cause death. As I read these words, my heart sank. How could this have happened? What would the future hold for me? Would I live long to see my kids grow up and get married? Having lupus can make everyday life challenging. Healthy living is good for everyone, but especially for people with lupus. I had to learn how to manage the daily challenges of a disease that's both chronic and unpredictable by:

Christine Stearns-Houde

- reducing stress to reduce lupus flares
- Sought counseling to manage the emotional roller coaster of living with a chronic illness
- Keeping active for stress reduction and joint health
- Eating a heart – healthy diet
- Getting enough sleep
- Limiting time in the sun
- Building a support system
- Attending regular doctor visits
- Taking medication as directed
- To be kind to myself



What is lupus?

Lupus is a chronic (long-term) disease that can cause inflammation and pain in any part of your body. It's an autoimmune disease, which means that your immune system – the body system that usually fights infections – attack healthy tissue instead.

IN THE COMMUNITY

Friday, January 27th

Bingo Night for Lupus

Blount House 541 Kylea Laird Drive
Freeport
6pm – 8pm

Saturday, February 11th

Volunteer Committee Meeting

Odd Pelican 355 Bull Dog Road, Unit 103
Freeport
6pm-7pm

Friday, February 24th

Bingo Night for Lupus

Blount House 541 Kylea Laird Drive
Freeport
6pm – 8pm

Friday, March 24th

Volunteer Committee Meeting

Hammock Bay Club House, theatre room
Freeport
1pm-2pm

Friday, March 31st

Bingo Night for Lupus

Blount House 541 Kylea Laird Drive
Freeport
6pm – 8pm

Friday, April 28th

Bingo Night for Lupus

Blount House 541 Kylea Laird Drive
Freeport
6pm – 8pm

Saturday, May 20th

Bay Area Health & Wellness Expo

Hammock Bay Town Center
Freeport
10am-3pm

MAKE YOUR MARK!
for Lupus Foundation of America

The Lupus Foundation of America works to improve the quality of life for all people affected by lupus

through programs of research, education, support and advocacy. Stay educated, empowered, and connected to lupus resources, programs, and support services.

www.lupus.org



exhibitor space & sponsorship opportunities and ad space available & volunteers needed

contact Christine at info@nwflupus.org or call (850) 333-2969 or go to our website at www.nwflupus.org



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