



Today was a difficult day,” said Pooh.
 There was a pause.
 “Do you want to talk about it?” asked Piglet.
 “No,” said Pooh after a bit. “No, I don’t think I do”
 That’s okay,” said Piglet, and he came and sat beside his friend.
 “What are you doing?” asked Pooh.
 “Nothing, really.” Said Piglet. “Only, I know what difficult Days are Like. I quite often don’t feel like talking about it on my Difficult Days either.
 “But goodness” continued Piglet, “Difficult Days are so much easier when you know you’ve got someone there for you.
 And as Pooh sat there, working through in his head his Difficult Day, while the solid, reliable Piglet sat next to him quietly, swinging his little legs…he thought that his best friend had never been more right.”

The **Health & Wellness Expo** will be the largest health event pertaining to wellness, fitness, mind & body. The expo will be the place to go for the latest in fitness, nutrition, wellness, and more. Attendees will meet the people and the businesses transforming our whole approach to staying healthy and keeping fit.

Contact Christine Stearns-Houde for more details at (850) 333-2969 or email at info@nwflupus.com or visit our website at www.nwflupus.com.

SUPPORTING THE LUPUS FOUNDATION OF AMERICA

Bay Area

HEALTH & WELLNESS EXPO

Join us as we celebrate health in our community!

Saturday, May 20, 2023

10am – 3pm

Hammock Bay Town Center

(425 Victory Blvd, Freeport)



FREE Fun for the entire family
 Community Vendors
 Health Screening and Education
 Live Entertainment
 Prizes and Give-aways



Standing UP TO POTS

What Is Postural Orthostatic Tachycardia syndrome (POTS)?

Postural orthostatic tachycardia syndrome (POTS) is a term used to describe a group of neurological conditions that have similar symptoms. People with POTS feel fatigued or dizzy when they stand up from sitting position.

Symptoms of POTS include:

- Headache
- Blurred vision
- Heart palpitations
- Disturbed concentration
- Gastrointestinal issues (nausea, cramps, bloating, etc.)
- Weakness
- Anxiety
- Difficulty sleeping
- Cold or pain in the arms or legs

March is Autoimmune Disease Awareness Month

There are more than 100 autoimmune diseases. They occur when the immune system mistakenly attacks parts of the human body.

Some of the autoimmune includes:

1. Psoriasis
2. Vitiligo
3. Scleroderma
4. Hemolytic anemia
5. Celiac disease
6. Inflammatory bowel disease
7. Type 1 diabetes
8. Graves’ disease
9. Hashimoto’s thyroiditis
10. Multiple Sclerosis
11. Guillain-Barre syndrome
12. Rheumatoid Arthritis