



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

SUPPORTING THE LUPUS FOUNDATION OF AMERICA

Bay Area

HEALTH & WELLNESS EXPO

Saturday, May 20, 2023

10am – 3pm

Presenting Sponsor:



Hammock Bay Town Center
(425 Victory Blvd, Freeport)

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



The Vegan Diet for Beginners Plan

(before starting any diet consult your healthcare professional, such as a doctor or registered dietitian)

First of all, what is a vegan diet? It's a diet where animal products are omitted as well as dairy and eggs.

What are some health benefits of a vegan diet? Reduced incidents of heart disease, and high blood pressure. Some other benefits may include lower cancer risk, weight loss, and lower risk of type 2 diabetes, and promote a healthy gut and immune system.

What are deficiencies of a vegan diet? Key nutrients such as vitamin B-12, iron, calcium, vitamin D, omega-3 fatty acids, zinc and iodine may result in low levels.

What are some foods that can replace animal products? Nutritious foods can include tofu, mushrooms, potatoes, eggplant, lentils, beans and legumes, cauliflower, nuts, peanut butter or other nut butters and beets.

www.shape.com



According to the World Health Organization (WHO), cardiovascular disease is the worlds number one cause of death.

IN THE COMMUNITY

[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

[Friday, May 26th](#)

Bingo Night for Lupus

Blount House 541 Kylea Laird Drive
Freeport

6pm – 8pm

How Mindfulness Techniques Can Help Your Relationship

The world is full of distractions that can lead to increased stressed that can cause strain within relationships. Mindfulness exercises are centered around the breath to slow down, relax and connect in different ways. It can come in the form of meditation, expressing appreciation, stay engaged and stay open to your partner's feelings and needs. www.naturalawakeningsnwf.com

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. I had to learn how to manage the daily challenges of a disease that's both chronic and unpredictable. Healthy living is good for everyone, but especially for people with lupus.

For more resources go to: www.nwflupus.org



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Visit Our Website

www.nwflupus.org