



211 is a free, confidential referral and information service that connects people from all communities and of all ages to a specialist who will help you find local health and human services, from all communities and of all ages to a specialist who will help you find local health and human services, 4 hours a day, seven days a week. They can help find information about shelter and housing options, supplemental food and nutrition programs, and other social service programs.

[www.211.org](http://www.211.org)

**New study suggests statin therapy may modestly reduce disease activity and inflammation in people with systemic lupus erythematosus**

[Lupus.org](http://Lupus.org)

Big thank you to our silver sponsor



Walk with us on May 2, 2026 at Mills Park, Carson City



Teams are already forming and fundraising dollars are already coming in! Don't wait; get registered now and give yourself plenty of time to organize your team and raise much needed funds the **Lupus Foundation of America**.

We have prizes for top fundraising teams, teams with the most members, top individual walkers and those who are best costume/most spirited (Tu Tu's encouraged)

Go to [www.nwnlupus.org](http://www.nwnlupus.org) on the event page and download a Walk Contribution form.

*Let's walk for hope. Let's walk for a cure.*

Spring is a prime time to revitalize your fitness routine. Mild weather makes exercising outdoors both refreshing and enjoyable. Five fun spring exercise options to try

1. Hiking
2. Cycling
3. Outdoor Yoga
4. Running or Jogging
5. Kayaking or Paddle Boarding



No matter where you are in your lupus journey, we're here to support you at every step of the way.

Stay educated, empowered, and connected to lupus resources, programs, and support services.

Find support in your community.

[info@nwnlupus.org](mailto:info@nwnlupus.org)  
Northwest Nevada  
Lupus Support Group

3<sup>rd</sup> Tuesday of the month, meet in-person at the Dayton Valley Community Center

6:00pm – 7:00pm

Meetings are also available virtually through Zoom.

- March 17<sup>th</sup>
- April 21<sup>st</sup>
- May 19<sup>th</sup>
- September 15<sup>th</sup>
- October 15<sup>th</sup>



**UPCOMING LOCAL EVENTS**

**Chili Showdown**

Hosted by Dayton Area Chamber of Commerce

March 21 @ 11am

**Dayton Valley Golf Club**

**Northwest Nevada Walk to End Lupus**

May 2, 10am- 2pm

**Mills Park Carson City**

**Mother's Day Weekend at Carson Mall**

May 9<sup>th</sup> & 10<sup>th</sup>

Free entry 10am – 4pm

**Carson City Wine Walk**

March 7, April 4, May 2

1pm to 5pm

For more information

<https://www.downtowncarson.org>

**Annual Father-Daughter Dance**

**Carson High School**

March 27<sup>th</sup>

6pm - 9pm

**Father Daughter Day & Dance**

**Virginia City**

April 11 11:30am

**Annette & Marty's Cinco De Mayo**

Dinner @ 6pm

**Elks Lodge #2177 Carson City**

**Carson Farmers Market**

May 30<sup>th</sup> 8am – 1pm

#LUPUSAWARENESSMONTH

*this May*  
**I'M RAISING LUPUS AWARENESS**

Help Us Solve The Cruel Mystery  
**LUPUS**  
FOUNDATION OF AMERICA

*join me!*

Make Your Mark is the community fundraising program of the Lupus Foundation of America. Members organize virtual or in-person fundraisers and use their passion to raise funds.