

Looms for Lupus

2nd Annual Wellness Day- 2ndo Día De Bienestar Anual

9:00am	Welcome and Opening Remarks Bienvenida	Estela Mata & Juana Mata - Co-Founders & Executive Officers and Ruth Padilla-King, LCSW
9:10am	Keynote Speaker-Orador principal	Senator Susan Rubio, Senate District 22
9:25am	Honorary Speaker- Orador de Honor	Congresswoman Grace F. Napolitano, CA 32nd District
9:30am	Special Announcements-Anuncios Especiales	Juana Mata & Estela Mata
9:45am-10:30am	Us In Lupus Presentation-Presentacion	Paula N. White, R.N., B.S.N., AE-C, CCE
10:30am – 11:10am	Breakout Session 1- Primera Sesión de Talleres	
	Grieving Process	Dr. Elisheva Irma Diaz, MTS, BAJS, DD
	Intro to Brainspotting for Spoonies	Dr. Monica Blied, PhD, MACL
	Chair Pilates	Monica Blake, Professional Certified Coach (PCC)
	Grit & Grace of Caregiving	Wanda Green, Patient Advocate, Author, Poet
	El Bienestar de Uno Mismo	Ana Alvarez, MSW
11:15am	Latest on Lupus and Fibromyalgia	Dr. Samy Metyas MD, MSc, FACP, FACR Medical director Of Covina Arthritis Clinic.
12:15pm	10 Minute Break & Gather Lunch - Descanso de 10 minutos	
12:25pm	Networking Lunch and Giveaways- Almuerzo y Sorteos	
12:50pm – 1:30pm	2nd Breakout Session- Segunda Sesión de Talleres	
	Mental Health Awareness	Myrna Godfrey, Transformational Life Coach, NLP Practitioner, Hypnotherapist and Quantum Touch Energy Healer
	Mat Pilates	Monica Blake, PCC
	Self-Care-Beauty Tips	Cassidy Carcamo, Beauty Advisor
	Gut Health and Healthy Snacks	Christy Jones, Certified Wholistic Health and Mindfulness Coach
	Tips para el Estres	Ruth Padilla-King, LCSW
1:35pm-2:35pm	Our kitchen, our lab: Grass Roots Science and Health- Nuestra cocina, Nuestro Laboratorio Siencia de Base y Salud	Armida Ayala, PhD, MHA
2:35pm-2:50pm	Comedy- Comedia	Daniel G. Garza actor, stand-up comic, and host
2:50pm-3:00pm	Closing Remarks -Anuncio Final	Estela Mata, Co-Founder & Executive Officer