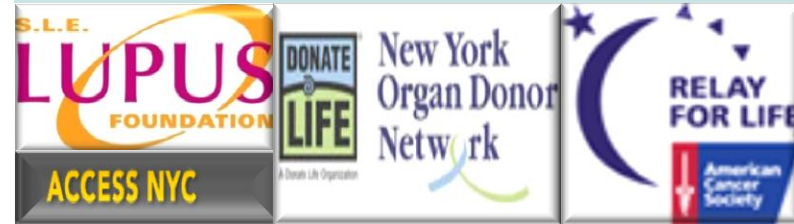


Light refreshments will be served



## Could It Be Lupus? 3:00PM-3:30PM

Lupus is an autoimmune disease where the body's immune system becomes hyperactive and attacks normal, healthy tissue. For many people, lupus can be a manageable disease with relatively mild symptoms. For others, it may cause serious and even life-threatening problems. ***It is estimated that there are 1.5 million Americans with lupus; however, this number may be a lot higher because lupus is a disease that it's often misdiagnosed.*** In this session we will discuss: 1)What are the causes of lupus? 2)Is there a cure? 3)What are the symptoms? 4)What groups are affected the most? This workshop will help you unlock some of the mysteries about lupus. ***You will walk away empowered by knowing the signs and symptoms of lupus and if you ever have a friend or love one experiencing similar symptoms, you will be able to ask, could it be lupus?***

## ACCESS WHAT YOU NEED 3:40PM-4:10PM

ACCESS NYC is a free service that can help you find out if you qualify for over 30 City, State and Federal benefit programs such as Medicaid, Food Stamps and/or help with utility bills.

Learn how you can use ACCESS NYC to find out about different health and human services benefits that may be right for you or a loved one. ACCESS NYC contains all the information you will need to access available benefits such as how to apply, where to go, and what documents to bring. Obtain the information you need to access relevant services.

### Understanding Organ Donation

4:20PM-4:40PM

Get a behind-the-scenes look at the recovery of organs and tissue for transplant and how thousands of lives are saved each year. This workshop will debunk common myths and misconceptions and provide valuable information that everyone should know. Will becoming an organ donor cost you your life in an emergency? Find out the truth about organ donor care.

### The Truth About Tobacco

4:50PM-5:20PM

New Yorkers are constantly exposed to innumerable, often conflicting messages about tobacco from vibrant celebrities chain smoking on the silver screen to vivid anti-smoking ads on the TV screen. This presentation is designed to give you the truth about what is contained within the average cigarette, the implications on cigarette smoke on your current and future health, and advice on how to help yourself and others quit tobacco.