

We want to celebrate you!

Join our IN-PERSON & VIRTUAL PROGRAMS in honor of Lupus Awareness Month

In-person

Thursday, May 4th, 12:30pm-1:30pm**Living Healthy with Lupus: Alternative Treatments & Lupus**

Join **Dr. Lisa Sammaritano**, Rheumatologist at Hospital for Special Surgery, for an important presentation on Alternative Treatments & Lupus and an update on lupus medications.

Lunch will be provided. Register Here: [CLICK HERE](#)

Virtual

Tuesday, May 23rd, 1:00pm-2:00pm**HSS/NY Presbyterian Lower Manhattan Hospital's Chinese Community Partnership for Health (CCPH) Health Workshop**

"Pain Management" - Join **Sophia Deng**, RN at Hospital for Special Surgery, as she discusses pain medications/safety and shares tips for managing chronic pain issues. **This free program is conducted in Cantonese.**

For more information & registration, please contact **Eliza Ngan-Dittgen** at lantern@hss.edu or **646.797.8338**

Virtual

Wednesday, May 10th, 1:00pm-2:00pm**Understanding Laboratory Tests & Results for Systemic Lupus Erythematosus (SLE)**

Understanding the "what, how and why" of lab tests and their results can make you a more informed and active partner in your care. Please join **Dr. Sarah Lieber**, Rheumatologist at Hospital for Special Surgery, as she shares her expertise and answers your questions related to lab tests used in lupus.

Register Here: [CLICK HERE](#)

In the Community

Wednesday, May 3rd, 4:00pm-4:30pm**Chinese Radio AM1480 Live Broadcast****NY Presbyterian Lower Manhattan Hospital's (CCPH) Health Series**

"What is Lupus"- This educational interview with **Eliza Ngan-Dittgen**, Program Supervisor, LANtern® (Lupus Asian Network) is conducted in Cantonese Chinese. Tune in to learn about lupus, its symptoms and treatment.

In-person

Thursday, May 11th, 1:00pm-2:00pm**Lunch & Learn: What You Need to Know About Lupus & the Kidneys?**

Join **Dr. Laura Geraldino-Pardilla**, Associate Professor of Medicine, Lupus Clinic Director, Division of Rheumatology, Columbia University Irving Medical Center, as she shares her expertise and answers your questions regarding what you need to know about lupus & the kidneys. **Lunch will be provided.**

Register Here: [CLICK HERE](#)

Virtual

Wednesday, May 17th, 5:30pm-6:30pm**Sexual Health, Pregnancy and Lupus**

Please join **Dr. Caroline Siegel**, Rheumatologist at Hospital for Special Surgery, as she shares her expertise and answers your questions related to Reproductive/Sexual health, Pregnancy and Lupus.

Register Here: [CLICK HERE](#)

In-person

Thursday, May 18th, 10:30am-11:30am**Tai Chi Class**

Join **Pin Pin Su**, Tai Chi/Meditation Instructor & Expressive Therapist, for a free session to learn Tai Chi and enhance the mind-body connection. **Please wear comfortable clothing to participate.**

Register Here: [CLICK HERE](#)

Virtual

Monday, May 22nd, 5:30pm (EST)/2:30pm (PDT)**Managing Stress & Lupus**

Join **Dr. Ruth Fernández Ruiz**, Rheumatologist at Hospital for Special Surgery & **Juana Mata**, Co-Founder of Looms for Lupus and lupus patient as they lead an important discussion on lupus and stress management techniques. They will be sharing coping strategies to boost your emotional wellbeing while living with lupus.

This program will be conducted in Spanish.

Register Here: [CLICK HERE](#)

Saturday, May 13th, 11:00am-12:00pm**LANtern® Support Group: Virtual**

Come join a free Asian support group where you can share coping strategies and feel supported on your lupus journey. Meeting is in Cantonese Chinese and facilitated by Eliza Ngan-Dittgen, Program Supervisor, LANtern® (Lupus Asian Network). For meeting details & registration, please contact **Eliza** at lantern@hss.edu or **646.797.8338**

Thursday, May 18th, 5:30pm-8:00pm**Teen Young Adult and Parent Virtual Support Group**

Coordinated by Charla de Lupus (Lupus Chat)® Program Coordinator, Giselle Rodriguez, LCSW, Senior Program Associate, Lillian Mendez and Kimberly Cabrera, Program Associate. For meeting details, please contact **Giselle** at charla@hss.edu.

Saturday, May 20th, 9:00am at Foley Square**Arthritis Foundation of New York Annual Virtual Walk to Cure Arthritis**

To walk with the HSS Department of Social Work Programs, please contact: **Rosalía Duarte**, LMSW, at **212.774.7605**.

If you would like more information about our community events, please contact: Assistant Director, Lupus Programs & Community Engagement, **Priscilla Calvache**, LCSW, at **212.774.2108**.



SCAN HERE TO REGISTER FOR OUR EVENTS