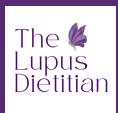


Take Control of Your Lupus Bootcamp

Tanya Freirich, MS RDN LDN CDN Registered Dietitian and Lupus Warrior



- 30-minute Lupus Breakthrough Session -- one-on-one nutrition counseling session to personalize info to you with me!
- 8 Weekly pre-recorded webinars, special guests, or other educational resources
 - Available to watch and rewatch on your schedule and at your leisure! It doesn't matter if you're having a low-energy day, you can always watch the module from your couch, bed, or even later on in the week!
 - 1 Bonus week to catch up on missed material
- Unlimited reviews of Food/Mood/Symptom Journals
- Meal Plans With Recipes (available with meat, vegetarian, and vegan options)
- Unlimited Group Chat Support
- Step-by-step workbooks, handouts, and templates to support your journey
- Printable resources!

Topics:

- Lupus 101
- Lupus Nutrition for the Whole Family
- Lupus Medications special guest pharmacist
- Advanced Nutrition for Lupus
- Mindfulness and Coping Mechanisms with a special guest Psychotherapist
- Exercise and Physical Activity with a guest Personal Trainer
- Lifestyle
- Environmental influences on Lupus
- Bonus material: Lupus and Pregnancy

Live Better with Lupus Academy

Tanya Freirich, MS RDN LDN CDN

Registered Dietitian and Lupus Warrior



Results you can expect:

- 1. Knowing what foods to eat/avoid
- 2. Having plenty of recipes/meal plan ideas to implement for you and your loved ones
- 3. Knowing what your labs mean and how we improve them!
- 4. Understanding Lupus, medications, and treatment plans
- 5. Feeling happy and prepared at doctor's appointments
- 6. Confidence that your habits help you feel your best
- 7. Flexibility to dedicate time on your hobbies and personal passions
- 8. Independence and ability to do the physical activities and movements you enjoy dance, run, play!
- 9. Freedom to go out to eat again, socialize and travel!
- 10. Stability in your health reduced flares, ability to plan a pregnancy or plan for travel
- 11. Recommendations for "clean" non-toxic skincare, make-up, cleaning supplies, and more
- 12. Less stress about your Lupus!
- 13. More time and energy to spend with loved ones and friends