



# 2008 Fall Patient Education Event

## *Feeling Better About Living with Scleroderma:*

Learning Techniques to Conquer Depression and Improve Self-Confidence and Self-Image

**Sunday, September 21, 10 am -2 pm**

### **Featured Topic One: Conquering Depression**

People affected by scleroderma explain to us that often they feel depressed and sometimes lack the mental strength to cope with the overwhelming nature of this disease. During this interactive session, an expert speaker on depression will discuss practical tips for conquering depression. This expert will share insight and offer counsel on ways that you can overcome your depression allowing you to live a healthier, happier and fuller life despite the challenges you encounter living with scleroderma.

### **Featured Topic Two: Improving Self-Confidence & Self-Image**

The content of this presentation is admittedly geared more toward women, but we hope that women and men alike will learn helpful tips on how to improve self-confidence and self-image.

To help you improve your self-confidence and self-image, we'll be welcoming health, beauty, fitness and wellness experts (to be announced soon!) who will give you practical tips on topics such as selecting and applying the right make-up for you; learning about the best clothing colors to wear to complement your skin tone and hair color; the hairstyle that will make you look your best; and exercise/fitness/nutrition tips to help you feel your best each day.

**Francie Paul,  
Make-Up Artist,  
Confirmed  
Presenter!**

We also plan to engage support from our experts for special offers that you can use after the event for their services.

When you look and feel your best, your overall health is shown to improve, and we think this is particularly important when dealing with a chronic illness like scleroderma.

We encourage you to RSVP for this event TODAY and look forward to having you with us!

### **Notice About Hope, Health and Healing Conference**

The Scleroderma Foundation Michigan Chapter will not hold a 2008 Hope, Health and Healing Conference. The Conference will now be scheduled every other year with the next Conference to be held in Fall 2009. The Chapter will offer a special patient-focused event in the Fall in years in which the Conference is not held such as the one featured in this flyer.

### **PLEASE KINDLY NOTE:**

Delicious snacks and beverages will be served.  
Seating is limited; venue to be announced soon.  
Participation is free for members at \$50 or above;  
\$10 each for others.

Not sure if your membership is current or would you like to become a member? Contact us at 248.865.7259 for details.

**Check our website often for updates on this event!**

## **RSVP Today!**

You can RSVP for attendance at this event in three easy ways:

**BY MAIL:** Simply fill out a registration form and return it to us via US Mail. Registration forms are included with mailings we send or may be downloaded at [www.scleroderma.org/chapter/michigan](http://www.scleroderma.org/chapter/michigan).

**BY FAX:** Fill out the registration form and fax it to us at 248.865.7523.

**BY PHONE:** Please phone us at 248.865.7259 and we'll register you with one simple call.



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