National Eczema Association | Eczema EXPO '18
Chicago • June 21-24, 2018

AGENDA – SUBJECT TO CHANGE

DAILY

7:00AM-7:30AM	**Morning Yoga** Rise and shine with a soothing practice that can be modified for yogis of all levels, led by certified instructor Jennifer Jenkins (AKA The Allergista). *Offered Friday, Saturday, and Sunday mornings.*
7:00AM-7:30AM	**Mindful meditation** Set your intentions and quiet your mind with a guided meditation session designed to reduce stress and enhance focus. *Offered Friday, Saturday, and Sunday mornings.*
7:00AM-7:30AM	**Eczercise** Join certified personal trainer Sam Guiragossian for low-sweat gains. *Offered Friday and Saturday mornings.*
7:30AM-6:00PM	**The Living Room** Need some Me Time? The Living Room is a serene space where you can unwind, refocus, and recharge. *Offered Friday and Saturday until 6:00PM, and Sunday until 1:00PM*
7:30AM-6:00PM	**Exhibits** Visit our exhibitors and our Sample Buffet to discover new products and therapies to help you live well with eczema. *Offered Friday and Saturday until 6:00PM, and Sunday until 1:00PM*
5:15PM-6:45PM	**Healing Space** Chicago-based certified acupuncturist David Kato and Lincoln Square Acupuncture host an acupuncture "petting zoo" and offer complimentary 20-minute treatments. *Offered Friday and Saturday*

THURSDAY, JUNE 21, 2018

3:00PM-6:00PM	**Registration and mingle** Meet us in the Riverfront Room for snacks and river views, to meet new and old friends from the eczema community, and to check in for the Expo.
Evening	On your own Enjoy the sights and tastes of Chicago. Check out our recommendations online or, for a more extensive list, the packet in your guest room.

FRIDAY, JUNE 22, 2018

7:30AM-3:00PM	**Registration**
8:30AM	**General Session** Opening remarks Presenter: Julie Block, National Eczema Association's President and CEO
9:20AM-10:05AM	Back to basics: Eczema 101 Learn the basics at eczema, its symptoms, and its causes. Presenter: Elaine Siegried, MD
10:10AM-10:55AM	Eczema toolbox today Current treatments and best practices Presenter: Susan Tofte, FNP
10:55AM-11:10AM	Break
11:15AM-12:00PM	The new era of eczema care Jonathan Silverberg, MD
12:00PM-2:00PM	Lunch on your own
2:00PM-2:35PM	**Breakout session 1**
2:45PM-3:20PM	**Breakout session 2**
3:30PM-4:05PM	**Breakout session 3**
4:15PM-5:15PM	**General Session** Ask the experts panel: Dispelling the myths
Evening	On your own Enjoy the sights and tastes of Chicago, including several fun optional activities on which we've negotiated great deals for Expo attendees. Details coming soon! For more options, check out our recommendations online or, for a more extensive list, the packet in your guest room.

SATURDAY, JUNE 23, 2018

8:30AM	**General Session** Overview of the day
9:00AM- 9:50AM	Living with itch Presenter: Gil Yosipovitch, MD Learn the mechanisms of eczema itch and some tools to manage it.
9:55AM- 10:40AM	The mind-body connection: Mental health and eczema Presenter: Jennifer Moyer-Darr, LCSW Find out how to identify and combat the emotional challenges of eczema.
10:40AM- 10:55AM	Break
10:55AM- 11:40AM	Eczhausted: The impact of eczema on sleep Presenter: Lisa Meltzer, PhD What impact does eczema have on our sleep cycles, and how can we get better rest?
11:45AM- 12:30PM	Patient Powered Treatments Presenters: Richard Aron, MB Ch B and Peter Lio, MD You've heard of the Aron Regimen, CBD oil, the microbiome and gut health. Learn more about the treatments being driven by global patient interest.
12:30PM- 1:30PM	**Lunch is on us!**
1:30PM- 2:30PM	Dessert Take the time to grab a treat and visit with our exhibitors.
1:30PM- 2:30PM	**Biofeedback and relaxation session** Jennifer Moyer Darr, LCSW, will lead a complimentary session designed to give you the tools you need to relax and regroup.
1:45PM- 2:15PM	**Gentle Yoga** Refocus your mind and settle your soul with a soothing yoga session that can be modified for yogis of all levels, led by certified instructor Jennifer Beckinsale (AKA The Allergista).
2:40PM- 3:10PM	**Breakout session 1**
3:15PM- 3:45PM	**Breakout session 2**
3:50PM- 4:20PM	**Breakout session 3**
4:30PM- 5:30PM	**General Session** Ask the experts panel

5:30PM-6:30PM	Exhibitors' Reception Visit our exhibitors and our Sample Buffet to discover new products and therapies to help you live well with eczema. Stop by the Healing Space to learn more about acupuncture from David Kato and Lincoln Square Acupuncture.
6:30PM-9:30PM	Kids' Camp – Movie Night After a yummy (and allergy-friendly) dinner, kids can settle in with their friends and some snacks for an all-ages flick.
6:30PM-10:00PM	Eczstravaganza 2018 Dinner, DJ, and dance party to celebrate and empower eczema warriors, featuring signature cocktails and a menu designed by Westin's executive chef Chris Rolewicz, and eczema warrior and whole food enthusiast Tara Tom.

SUNDAY, JUNE 24, 2018

8:30AM	General Session Overview of the day
8:45AM-9:45AM	Working together: The doctor-patient connection Presenters: Peter Lio, MD, Vivian Shi, MD, Lisa Butler, MBA, Catie Coman, MA, Erika Czopkiewicz, Stephen Gawron Learn how to work with your medical provider(s) to create the best partnership for your care.
9:55AM-10:25AM	Breakout session 1
10:35AM-11:05AM	Breakout session 2
11:15AM-12:00PM	General Session Closing session, complete with a presentation from our kids' campers.
12:00PM-1:00PM	Exhibitors