



Adults' agenda

Subject to change

THURSDAY

1:00PM-3:00PM	<p>Workshop - Vision boarding Eczema Warrior and VisionHery founder Ashley Ann Lora will help fellow warriors set an inspiring course for the future, seeing past eczema and its perceived limits. \$</p>
1:00PM-3:00PM	<p>Workshop - The story of self Leveraging her background in psychology and education, Eunice Yu will lead a group exploration of eczema and self-identity, and help attendees identify alternative methods to handle related anxieties and stress. \$</p>
3:00PM-5:00PM	<p>Check-in and Skincare 101 Come one, come all! Join us for a refreshing seasonal beverage, get your Expo check-in squared away, and visit the Skincare Stations to learn basics from eczema experts.</p>
5:15PM-5:45PM	<p>Orientation sessions Get the most out of your Expo experience with a quick tour designed to help you get familiar with the resort and the Expo schedule.</p>
6:00PM	<p>Meet-ups Meet up with your peeps to maximize your Expo fun! We'll have meet-ups for teens and families, plus for adults who are new to Expo, attending solo, or just want to make connections right away.</p>
6:00PM	<p>Outdoor activities As the summer sun sets, it's time to get outdoors! Enjoy complimentary family-friendly activities including Expo-exclusive cabanas, Cosmic Slide (on the 3-story water slide), rock climbing wall, and outdoor games. (Times will vary.)</p>

FRIDAY

7:00AM-7:30AM	<p>Expo fitness classes Sunrise yoga, morning meditation, flare-friendly ecz-ercise, water fitness, and family fitness sessions</p>
8:00AM-8:45AM	<p>Expo Camp dropoff</p>
9:00AM-9:45AM	<p>General session: Opening remarks</p>
9:50AM-10:50AM	<p>General session: Eczema 101 What is eczema? Do we know what causes it and how can we treat it? Learn about the different types of eczema, the treatments available, and the latest</p>

	understanding about the causes of eczema.
10:50AM-11:20AM	Break - Exhibitor reception Fuel up for the day with a bite to eat (on the house!) and visit our Expo exhibitors and Sample Buffet to discover new products and therapies to help you live well with eczema.
11:20AM-12:05PM	General session: Starting from Scratch Itch is the number one symptom of eczema and often the most difficult to manage. Get a better understanding of the mechanisms of eczema itch and tools to help manage it.
12:05PM-2:00PM	Lunch on your own Grab a bite from one of the excellent onsite (or nearby) eateries.
12:00PM-2:00PM	Expo cabanas If you're up for a dose of the desert sun, hit the pool and take cover in one of the complimentary Expo cabanas.
12:15PM-1:45PM	Flare-friendly spa treatments Indulge in a spa treatment from our exclusive menu at Spa Avania. \$
1:00PM-1:45PM	Biofeedback and relaxation session Take advantage of a complimentary session designed to give you the tools you need to relax and regroup.
1:00PM-1:45PM	Gentle Yoga Refocus your mind and settle your soul with a soothing yoga session that can be modified for yogis of all levels.
2:00PM-2:50PM	Breakout sessions 1
3:00PM-3:50PM	Breakout sessions 2
4:00PM-4:50PM	Breakout sessions 3
5:00PM-5:30PM	Closing session Let's convene to close the day together.
5:30PM -7:00PM	Healing space: acupuncture, acupressure
5:30PM - 7:30PM	Flare-friendly spa treatments Indulge in a spa treatment from our exclusive menu at Spa Avania. \$
6:00PM-9:00PM	Old Town Scottsdale shuttles
6:00PM-10:00PM	Expo cabanas Hit the pool and take cover in one of the complimentary Expo cabanas.
7:00PM-9:00PM	Dive in movie What's better than a Friday night family flick? How about watching the movie while you float in one of the Hyatt's refreshing pools? Grab an inner tube and

	enjoy the show!
7:00PM-9:00PM	Gondola boat rides Transport yourself to the waterways of Venice aboard a beautifully-crafted gondola. Classically-trained singers provide an Italian serenade as you cruise the resort's lake. \$

SATURDAY

7:00AM-7:30AM	Expo fitness classes Sunrise yoga, morning meditation, flare-friendly ecz-ercise, water fitness, and family fitness sessions
8:00AM-8:45AM	Expo Camp dropoff
9:00AM-9:15AM	General session: Opening remarks
9:20AM-10:05AM	General session: The new era of eczema care You've heard the experts say that this is the era of eczema. Find out about the exciting current research to better understand the mechanisms causing eczema and new treatments to heal it in both children and adults.
10:10AM-10:55AM	General session: Fireside chat Go deeper with this intimate, one-on-one chat with an eczema-lebrity (TBA).
11:00AM-11:20AM	Break
11:20AM-12:05PM	Complementary and alternative therapies: Separating fact from fiction If you've Googled "how to treat eczema" you've no doubt seen every diet, herb, or ointment under the sun. We'll clear up the confusion by presenting complementary and alternative treatments that are shown effective through rigorous scientific research.
12:05PM-2:00PM	Lunch on your own Grab a bite from one of the excellent onsite (or nearby) eateries.
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2:00PM-2:50PM	Breakout sessions 1

3:00PM-3:50PM	Breakout sessions 2
4:00PM-4:50PM	Breakout sessions 3
5:00PM-5:30PM	Open forum Questions? We've got experts with answers.
6:30PM-11:30PM	Ecz-travaganza Dinner, dancing, and drinks to celebrate NEA's 30 th Anniversary and our community of eczema warriors.

SUNDAY

7:00AM-7:30AM	Expo fitness classes Sunrise yoga, morning meditation, flare-friendly ecz-ercise, water fitness, and family fitness sessions
8:00AM-8:45AM	Expo Camp dropoff
9:00AM-9:15AM	General session: Opening remarks
9:15AM-10:45AM	General session: The Buzz Dig into the most buzzed-about topics - gut health, microbiome, cannabis, and more - and find out what they have to do with eczema.
10:45AM-10:55AM	Break
10:55AM-11:40AM	Breakout sessions 1
11:45AM-12:30PM	Breakout sessions 2
12:30PM-2:30PM	Lunch and closing ceremonies We're getting the whole gang together! Junior and Senior warriors will join the adults for a flare-friendly group lunch and Expo-closing ceremonies
2:30PM-4:00PM	Healing space: acupressure, acupuncture
2:30PM-6:00PM	Expo cabanas If you're up for a dose of the desert sun, hit the pool and take cover in one of the complimentary Expo cabanas.
3:00PM-6:00PM	Flare-friendly spa treatments Indulge in a spa treatment from our exclusive menu at Spa Avania. \$
3:00PM-5:00PM	Workshop - Celebrate your skin (under 15 with approval) Harness the momentum of Expo and take the next step in your transformation. Join Instagram influencer Alexis Smith, writer Sarah Harris, and photographer Tori Soper for a workshop designed to help you own your eczema and celebrate your skin. \$
3:00PM-5:00PM	Workshop - Advocacy intensive (under 15 with approval) Are you ready to take action? Learn from NEA's VP of Advocacy and NEA's advocates how <i>you</i> can get involved and make a difference.

