



## Expo Camp: Senior Warriors Agenda

*Subject to change*

### THURSDAY

1:00PM-3:00PM	<p><b>Workshop - Vision boarding</b> 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><b>Workshop - The story of self</b> Leveraging her background in psychology and education, Eunice Yu will lead a group exploration of eczema in a three part discussion and reflection series in order to and help attendees identify alternative methods to navigate eczema related anxieties and stressors...and leave with a sense of urgency as a collective group of individuals, that together, give eczema a voice. \$</p>
3:00PM-5:00PM	<p><b>Check-in and Skincare 101</b> 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><b>Orientation sessions</b> Get the most out of your Expo experience with a quick, expert-led session designed to help you get familiar with the resort and the Expo schedule.</p>
6:00PM	<p><b>Meet-ups</b> 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><b>Family meet-up</b> Meet up with your peeps to maximize your Expo fun!</p>
6:00PM	<p><b>Outdoor activities</b> 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><b>Expo fitness classes</b> Sunrise yoga, morning meditation, flare-friendly ecz-ercise, water fitness, and family fitness sessions</p>
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8:00AM-8:45AM	<b>Expo Camp dropoff</b>
8:00AM-10:00AM	<b>Games and crafts</b>
10:00AM-10:50AM	<b>Senior Warriors Session: Eczema 101</b> 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 understanding about the causes of eczema.
10:50AM-11:10AM	<b>Break – Exhibitor reception</b> 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-12:20PM	<b>Senior Warriors session: The magic from within</b> Leveraging her background in psychology and education, Eunice Yu leads a group exploration of eczema and self-identity in order to empower and spark the magic and the strength that resides within each and every one of us!
12:30PM-1:15PM	<b>Lunch</b> Flare-friendly eats – on us!
1:15PM-2:00PM	<b>Hyatt-hosted cultural activity</b>
2:10PM-3:00PM	<b>Senior Warriors session: School and work</b> How do you choose a college and a career path when you're living with eczema? What do you need to consider when you're moving out on your own, into a dorm, or hundreds of miles from home? Peers and professional advisors will help you plan for your future.
3:00PM-3:15PM	<b>Snack</b> Flare-friendly eats – on us!
3:15PM-4:05PM	<b>Senior Warriors session: #Awkward</b> Everything you wanted to know about living with eczema... but were afraid to ask. We'll have peers and experts on hand to answer all of your questions – the more awkward, the better.
4:10PM-5:00PM	<b>Senior Warriors session: How to teen with eczema</b> Navigating teen years with eczema can be really tricky. Peer and expert advisors will help you make sports, swimming, makeup, shaving, fashion, and events like prom, homecoming, and school photos more manageable.
5:10PM-5:30PM	<b>Games and crafts</b>
5:30PM	<b>Expo Camp pick up</b>
6:00PM-9:00PM	<b>Old Town Scottsdale shuttles</b>
6:00PM-10:00PM	<b>Expo cabanas</b> Hit the pool and take cover in one of the complimentary Expo cabanas.

7:00PM-9:00PM	<p><b>Dive in movie</b>          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!</p>
7:00PM-9:00PM	<p><b>Gondola boat rides</b>          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.          \$</p>

SATURDAY

7:00AM-7:30AM	<p><b>Expo fitness classes</b>          Sunrise yoga, morning meditation, flare-friendly ecz-ercise, water fitness, and family fitness sessions</p>
8:00AM-8:45AM	<b>Expo Camp dropoff</b>
8:00AM-10:15AM	<b>Games and crafts</b>
8:45AM-9:30AM	<p><b>Eczema sucks (ages 12-14)</b>          Let's get real. Sometimes, living with eczema can be a serious bummer. This is your chance to vent about the realities of life with eczema, no holds barred.</p>
9:30AM-10:15AM	<p><b>Eczema sucks (ages 15-17)</b>          Let's get real. Sometimes, living with eczema can be a serious bummer. This is your chance to vent about the realities of life with eczema, no holds barred.</p>
10:15AM-10:30AM	<p><b>Snack</b>          Flare-friendly eats - on us!</p>
10:30AM	Option 1: To buses
11:00AM-12:30PM	<b>Option 1: OdySea Aquarium</b>
12:30PM-1:15PM	<p><b>Option 1: Lunch (box lunch at OdySea)</b>          Flare-friendly eats - on us!</p>
1:15PM-3:00PM	<b>Option 1: OdySea Aquarium</b>
3:00PM	Option 1: To buses
10:30AM-12:00PM	<b>Option 2: Games and crafts</b>
12:30PM-1:15PM	<p><b>Option 2: Lunch</b>          Flare-friendly eats - on us!</p>
12:45PM-2:00PM	<b>Option 2: Hyatt-hosted activity</b>
2:00PM-3:50PM	<b>Option 2: Games, crafts, and free time</b>
4:00PM-4:15PM	Snack

4:15PM-5:00PM	<b>Senior session: Ask the ecz-perts</b> This is your chance to get expert answers to all of the questions you haven't yet asked at Expo.
5:00PM-5:30PM	<b>Games and crafts</b>
5:30PM	<b>Expo Camp pick up</b>
6:30PM-7:30PM	<b>Senior Warriors Taco Social</b> Hang out and eat tacos with your friends. Flare-friendly dinner and dessert is on us.
7:30PM-9:30PM	<b>Option 1: Movie Night</b> Join the Junior Warrior crew to settle in with friends and snacks for a family-friendly film.
7:30PM-11:30PM	<b>Option 2: Ecz-travaganza</b> Join the adults for a dance party to celebrate NEA's 30 <sup>th</sup> Anniversary and our community of eczema warriors.

## SUNDAY

7:00AM-7:30AM	<b>Expo fitness classes</b> Sunrise yoga, morning meditation, flare-friendly ecz-ercise, water fitness, and family fitness sessions
8:00AM-8:45AM	<b>Expo Camp dropoff</b>
8:00AM-10:15AM	<b>Games and crafts</b>
10:15AM-10:30AM	<b>Snack</b> Flare-friendly eats - on us!
10:30AM-12:30PM	<b>Awards, address books, final photos</b>
12:30PM-2:30PM	<b>Lunch and closing ceremonies</b> 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-6:00PM	<b>Expo cabanas</b> 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-5:00PM	<b>Workshop - Celebrate your skin</b> (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	<b>Workshop - Advocacy intensive</b> (under 15 with approval) Are you ready to take action? Learn from NEA's VP of Advocacy and NEA's advocates how you can get involved and get started making a difference.
3:00PM-5:00PM	<b>Workshop TBA</b> (under 15 with approval)