



Complete agenda

Mini Warriors Expo Camp agenda (ages 0-4)

Junior Warriors Expo Camp agenda (ages 5-12)

Senior Warriors Expo Camp agenda (ages 13-17)

Adult Attendees agenda (18+)

Adult Attendees breakout sessions

Expo Camp – Mini Warriors Agenda

Subject to change

THURSDAY, JUNE 25

8:30am - 5:00pm	Check-in Pick up your badge, program and schwag so you can get your Expo started!
10:00am - 5:00pm	Orientation tours 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. Tours will leave every hour on the hour.
2:00pm - 5:00pm	Expo Camp check-in Once you've gotten your badge(s), get your child checked in by the Expo Camp crew.
5:00pm	Meet-ups
5:00pm- 7:00pm	Dinner on your own Grab a bite at one of the Renaissance's onsite eateries, or venture out to nearby I-Drive, where you'll find a wide array of options.
7:00pm - 10:00pm	Pool party Get the party started at the pool, where we'll gather to enjoy signature cocktails and kid-friendly drinks.

FRIDAY, JUNE 26

7:00am - 7:30am	Family fitness
7:45am - 9:30am	Check-in If you weren't able to get your badge(s) Thursday, now's your chance! Be sure to pick up your child's badge before dropping them off at Expo Camp.
8:00am - 9:00am	Expo Camp drop-off It's time for our young eczema warriors to embark on their daily adventure. After you've gotten your Expo badge(s), come to the Expo Camp desk to get your child safely checked in.
9:00am - 10:00am	Get the party started Get acquainted with your new BFFs and your camp counselors.

9:45am - 10:45am	Snack time
10:15am - 12:00pm	Camp-time fun Age-appropriate games, crafts stories and, as needed, naps.
12:00pm - 1:00pm	Lunch
1:00pm - 3:00pm	Camp-time fun
3:00pm - 3:30pm	Snack
3:30pm - 5:30pm	Camp-time fun
5:30pm	Expo Camp pickup
7:00pm - 9:30pm	Karey-oke night All Expo attendees - kids included! - are invited to take the stage.

SATURDAY, JUNE 27

7:00am - 7:30am	Family fitness
8:00am - 9:00am	Expo Camp drop-off
9:00am - 9:30am	Snack
9:30am - 10:30am	Pool time Before it gets too hot, we're heading out to the outdoor pool and R Aqua Zone, the Renaissance's kid-friendly water park for some splashing and playing! Mini Warriors will be carefully supervised in small groups by CKE counselors, and there <i>will</i> be a certified lifeguard on duty!
10:30am - 12:00pm	Camp-time fun
12:00pm - 1:00pm	Lunch
1:00pm - 3:00pm	Camp-time fun

3:00pm - 3:30pm	Snack
3:30pm - 5:30pm	Camp-time fun
5:30pm	Expo Camp pickup
6:30pm - 11:30pm	Ecz-travaganza All Expo attendees - kids included! - are invited for dinner, dancing and drinks.

SUNDAY, JUNE 28

7:00am - 7:30am	Family fitness
8:00am - 9:00am	Expo Camp drop-off
8:00am - 9:45am	Camp-time fun
9:45am - 10:15am	Snack
10:15am - 12:00pm	Camp-time fun
12:00am - 1:00pm	Lunch
1:00pm - 2:00pm	Camp-time fun
2:00pm	Expo Camp pickup

Expo Camp – Junior Warriors Agenda

Subject to change

THURSDAY, JUNE 25

8:30am – 5:00pm	<p>Check-in Pick up your badge, program and schwag so you can get your Expo started!</p>
10:00am – 5:00pm	<p>Orientation tours 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. Tours will leave every hour on the hour.</p>
2:00pm – 5:00pm	<p>Expo Camp check-in Once you’ve gotten your badge(s), get your child checked in by the Expo Camp crew.</p>
5:00pm	<p>Meet-ups</p>
5:00pm – 7:00pm	<p>Dinner on your own Grab a bite at one of the Renaissance’s onsite eateries, or venture out to nearby I-Drive, where you’ll find a wide array of options.</p>
7:00pm – 10:00pm	<p>Pool party Get the party started at the pool, where we’ll gather to enjoy signature cocktails and kid-friendly drinks.</p>

FRIDAY, JUNE 26

7:00am – 7:30am	<p>Family fitness</p>
7:45am – 9:30am	<p>Check-in If you weren’t able to get your badge(s) Thursday, now’s your chance! Be sure to pick up your child’s badge before dropping them off at Expo Camp.</p>
8:00am – 9:00am	<p>Expo Camp drop-off It’s time for our young eczema warriors to embark on their daily adventure. After you’ve gotten your Expo badge(s), come to the Expo Camp desk to get your child safely checked in.</p>
9:00am – 9:45am	<p>Get the party started Get acquainted with your new BFFs and your camp counselors.</p>

9:45am - 10:15am	Snack time
10:15am - 11:00am	Eczema 101 - Learn and Play (5-8) This playful, interactive session is custom designed to teach our youngest Junior Warriors about eczema and caring for their skin.
10:15am - 11:00am	Eczema 101 - Gameshow style (8-12) Learn from ecz-perts and then test your eczema knowledge while competing for prizes!
11:00am - 12:00pm	Camp-time fun
12:00pm - 1:00pm	Lunch
1:00pm - 2:00pm	Camp-time fun
2:00pm - 3:00pm	Scavenger Hunt
3:00pm - 3:30pm	Snack
3:30pm - 5:30pm	Camp-time fun
7:00pm - 9:30pm	Karey-oke night All Expo attendees - kids included! - are invited to take the stage.

SATURDAY, JUNE 27

7:00am - 7:30am	Family fitness
8:00am - 9:00am	Expo Camp drop-off
8:00am - 9:15am	Camp-time fun
9:15am - 10:00am	It's a Small World After All Come together as a group for this year's exploration of eczema, self-identity and shared experiences of being a kid. Eunice Yu will lead an activity that will underscore how small the world really is and how lucky we are to have one another - itch or no itch!

10:00am - 10:15am	Snack
10:30am - 11:30am	Pool time Before it gets too hot, we're heading out to the outdoor pool and R Aqua Zone, the Renaissance's kid-friendly water park for some splashing and playing! Junior Warriors will be carefully supervised in small groups by CKE counselors, and there <i>will</i> be a certified lifeguard on duty!
11:30am - 12:00pm	Camp-time fun
12:00pm - 1:00pm	Lunch
1:00pm - 4:00pm	Camp-time fun
2:30pm - 3:00pm	Snack
3:00pm - 3:45pm	Camp-time fun
3:45pm - 4:45pm	Visit from the Senior Warriors In the spirit of unity and mentorship, the Senior Warriors crew will join the Junior Warriors for some fun camp activities.
4:45pm - 5:30pm	Camp-time fun
6:30pm - 11:30pm	Ecz-travaganza All Expo attendees - kids included! - are invited for dinner, dancing and drinks.

SUNDAY, JUNE 28

7:00am - 7:30am	Family fitness
8:00am - 9:00am	Expo Camp drop-off
8:00am - 9:45am	Camp-time fun

9:45AM-10:15AM	Snack
10:15AM-11:00AM	Ask the Ecz-perts Three days of Expo Camp is a lot to process! This group session will help: A pediatric dermatologist and pediatric allergist are coming to camp to answer questions, provide support, and make sure our Junior Warriors leave Expo ready to take on the world!
11:00AM-12:00PM	Awards, address books, final photos
12:15PM-2:00PM	Lunch and closing activities Expo Campers will join us for an allergy-friendly meal, plus Expo Awards and raffle prizes.

Expo Camp – Senior Warriors Agenda

Subject to change

THURSDAY, JUNE 25

7:00am – 7:45am	Expo wellness classes
8:30am – 5:00pm	Check-in Pick up your badge, program and schwag so you can get your Expo started!
10:00am – 5:00pm	Orientation tours 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. Tours will leave every hour on the hour.
1:00pm – 5:00pm	Workshops Take your Expo experience to the next level! Expo registrants will be notified by email when registration opens in April 2020. Workshops will include The Story of Self, Ambassador Intensive, Cooking and Eating to Support Your Health (includes cooking class) and Vision Boarding. More workshops may be added!
2:00pm – 5:00pm	Expo Camp check-in Once you’ve gotten your badge(s), get your child checked in by the Expo Camp crew.
5:00pm	Meet-ups
5:00pm – 7:00pm	Dinner on your own Grab a bite at one of the Renaissance’s onsite eateries, or venture out to nearby I-Drive, where you’ll find a wide array of options.
7:00pm – 10:00pm	Opening night pool party Get the party started at the pool, where we’ll gather to enjoy signature cocktails and kid-friendly drinks.

FRIDAY, JUNE 26

7:00am – 7:30am	Family fitness
7:00am – 7:45am	Expo wellness classes

7:30am - 9:30am	<p>Check-in If you weren't able to get your badge(s) Thursday, now's your chance! Be sure to pick up your child's badge before dropping them off at Expo Camp.</p>
8:00am - 9:00am	<p>Expo Camp drop-off It's time for our young eczema warriors to embark on their daily adventure. After you've gotten your Expo badge(s), come to the Expo Camp desk to get your child safely checked in.</p>
9:00am - 10:00am	<p>Get the party started Get acquainted with your new BFFs and your camp counselors.</p>
10:00am - 10:50am	<p>Let's Break the Ice Get camp going with an icebreaker! This fun session will help you get acquainted with new and returning camp friends, get out of your comfort zone and gain confidence.</p>
11:00am - 11:30am	<p>Exhibitor Reception Fuel up for the day with coffee and a bite to eat (on the house!) and visit Expo exhibitors and sample buffet to discover new products and therapies to help you live well with eczema.</p>
11:30am - 12:30pm	<p>Eczema 101 - Game show style Learn from experts and then test your eczema knowledge while competing for prizes!</p>
12:30pm - 1:30pm	<p>Lunch Flare-friendly eats - on us!</p>
2:30pm - 3:20pm	<p>It's a Small World After All Come together as a group for this year's exploration of eczema, self-identity and shared experiences of being a kid. Eunice Yu will lead an activity that will underscore how small the world really is and how lucky we are to have one another - itch or no itch!</p>
3:30pm - 3:45pm	<p>Snack</p>
3:45pm - 4:35pm	<p>How to Teen with Eczema Navigating our teen years with eczema can be tricky. Peer and ecz-pert advisors will help you make school, work, sports, swimming, makeup, shaving, fashion and events like prom, homecoming and school photos more manageable.</p>
4:35pm - 5:30pm	<p>Camp-time Fun</p>

5:30pm	Expo Camp pickup
6:15pm - 7:00pm	Ecz-mentor sessions Get up close and personal with #skinfluencers and other eczema mentors. Learn firsthand from some of our community's most in-demand eczema warriors in these intimate sessions that are each limited to 10 attendees.
7:00pm - 9:30pm	Karey-oke night All Expo attendees - kids included! - are invited to take the stage.

SATURDAY, JUNE 27

7:00am - 7:30am	Family fitness
7:00am - 7:45am	Expo wellness classes
8:00am - 9:00am	Expo Camp drop-off
8:00am - 9:30am	Camp-time fun
9:30am - 10:20am	Eczema Sucks 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.
10:30am - 10:45am	Snack
11:00am - 12:00pm	Scavenger Hunt
12:00pm - 1:00pm	Lunch
1:00pm - 2:00pm	Camp-time fun
2:00pm - 3:00pm	Top Chef Challenge Break into teams and compete to prepare the tastiest flare-friendly dish.
3:00pm - 3:30pm	Snack in R Kitchen
3:45pm - 4:45pm	Join the Junior Warriors

	It's time to put on your ecz-mentor hat! We're going to join the Junior Warriors for some fun camp activities.
4:45pm - 5:30pm	Camp-time fun
5:30pm	Expo Camp pickup
6:30pm - 11:30pm	Ecz-travaganza All Expo attendees - kids included! - are invited for dinner, dancing and drinks.

SUNDAY, JUNE 28

7:00am - 7:30am	Family fitness
7:00am - 7:45am	Expo wellness classes
8:00am - 9:00am	Expo Camp drop-off
8:00am - 9:15am	Camp-time fun
9:15am - 10:05am	Ask the Ecz-perts This is your chance to get expert answers to all of the questions you haven't yet asked at Expo.
10:15am - 10:30am	Snack
10:30am - 12:00pm	Awards, address books, final photos
12:00pm	Expo Camp pickup (Junior and Senior Warriors)
12:15pm - 2:00pm	Lunch and closing activities Expo Campers will join us for an allergy-friendly meal, plus Expo Awards and raffle prizes.

Adults' agenda

Subject to change

THURSDAY, JUNE 25

7:00am - 7:45am	<p>Expo wellness classes Relax your mind and strengthen your body with complimentary flare-friendly yoga, ezc-ercise and meditation classes. Ages 13 and up.</p>
8:30am - 5:00pm	<p>Check-in Pick up your badge, program and schwag so you can get your Expo started!</p>
10:00am - 5:00pm	<p>Orientation tours 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. Tours will leave every hour on the hour.</p>
1:00pm - 5:00pm	<p>Workshops Take your Expo experience to the next level! Expo registrants will be notified by email when registration opens in April 2020. Workshops will include The Story of Self, Ambassador Intensive, Cooking and Eating to Support Your Health (includes cooking class) and Visionboarding. More workshops may be added!</p>
2:00pm - 5:00pm	<p>Expo Camp check-in Once you've gotten your badge(s), get your child checked in by the Expo Camp crew.</p>
5:00pm	<p>Meet-ups</p>
5:00pm - 7:00pm	<p>Dinner on your own Grab a bite at one of the Renaissance's onsite eateries, or venture out to nearby I-Drive, where you'll find a wide array of options.</p>
7:00pm - 10:00pm	<p>Opening night pool party Get the party started at the pool, where we'll gather to enjoy signature cocktails and kid-friendly drinks.</p>

FRIDAY, JUNE 26

7:00am - 7:30am	<p>Family fitness Join in a low-sweat yoga, meditation or fitness class for the entire family!</p>
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7:00am - 7:45am	Expo wellness classes Relax your mind and strengthen your body with complimentary flare-friendly yoga, ecz-ercise and meditation classes. Ages 13 and up.
7:30am - 9:30am	Check-in If you weren't able to get your badge(s) Thursday, now's your chance! Be sure to pick up your child's badge before dropping them off at Expo Camp.
8:00am - 9:00am	Orientation tour 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.
8:00am - 9:00am	Expo Camp drop-off It's time for our young eczema warriors to embark on their daily adventure. After you've gotten your Expo badge(s), come to the Expo Camp desk to get your child safely checked in.
9:00am - 11:00am	General Session Welcome - Julie Block, NEA's CEO and Peter Lio, MD Keynote Eczema 101
11:00am - 11:30am	Exhibitor Reception Fuel up for the day with coffee and a bite to eat (on the house!) and visit Expo exhibitors and sample buffet to discover new products and therapies to help you live well with eczema.
11:30am - 12:25pm	Breakout sessions 1
12:30am - 2:00pm	Lunch on your own Grab a bite from one of the excellent onsite (or nearby) eateries.
12:15pm - 1:45pm	Flare-friendly spa treatments Indulge in a spa treatment from our exclusive menu.
12:30pm - 2:00pm	Lunchtime wellness sessions
2:00pm - 2:55pm	Breakout sessions 2
3:15pm - 4:10pm	Breakout sessions 3

4:30pm - 5:25pm	Breakout sessions 4
4:30pm - 5:30pm	Expo Camp pickup
5:30pm - 7:00pm	Flare-friendly spa treatments Indulge in a spa treatment from our exclusive menu.
5:30pm - 7:00pm	Dinner on your own
6:15pm - 7:00pm	Ecz-mentor sessions Get up close and personal with #skinfluencers and other eczema mentors. Learn firsthand from some of our community's most in-demand eczema warriors in these intimate sessions that are each limited to 10 attendees.
7:30pm - 9:00pm	Eczema Pub quiz Gather your gang and test your Eczema IQ! Local brews will be available for purchase. This event is for people 21 and over.
7:00pm - 9:30pm	Karey-oke night All Expo attendees - kids included! - are invited to take the stage.

SATURDAY, JUNE 27

7:00am - 7:30am	Family fitness Join in a low-sweat yoga, meditation or fitness class for the entire family!
7:00am - 7:45am	Expo wellness classes Relax your mind and strengthen your body with complimentary flare-friendly yoga, ecz-ercise and meditation classes. Ages 13 and up.
8:00am - 9:00am	Expo Camp drop-off
9:00am - 11:00am	General Session Welcome back The Mind-Body Connection: Eczema and Mental Health - Jennifer Moyer Darr, LCSW

	Starting from Scratch: Understanding Eczema's Itch - Gil Yosipovitch, MD Ecz-hausted: The Impact of Eczema on Sleep
11:00am - 11:30am	Break
11:30am - 12:25pm	Breakout sessions 1
12:30pm - 2:00pm	Lunch on your own Grab a bite from one of the excellent onsite (or nearby) eateries.
12:15pm - 1:45pm	Flare-friendly spa treatments Indulge in a spa treatment from our exclusive menu.
12:30pm - 2:00pm	Lunchtime wellness sessions
2:00pm - 2:55pm	Breakout sessions 2
3:15pm - 4:10pm	Breakout sessions 3
4:30pm - 5:25pm	Breakout sessions 4
4:30pm - 5:30pm	Expo Camp pickup
6:30pm - 11:30pm	Ecz-travaganza All Expo attendees - kids included! - are invited for dinner, dancing and drinks.

SUNDAY, JUNE 28

7:00am - 7:30am	Family fitness Join in a low-sweat yoga, meditation or fitness class for the entire family!
7:00am - 7:45am	Expo wellness classes Relax your mind and strengthen your body with complimentary flare-friendly yoga, ecz-ercise and meditation classes. Ages 13 and up.
8:00am - 9:00am	Expo Camp drop-off

9:00am - 10:30am	General Session Welcome back Eczema Treatment Landscape Voice of the Patient
10:30am - 11:00am	Break
11:00am - 12:15pm	General Session Patient speaker
12:15pm - 2:00pm	Lunch and closing activities Expo Campers will join us for an allergy-friendly meal plus Expo Awards and raffle prizes.

Breakout sessions

Subject to change

FRIDAY, JUNE 26

Breakout session title	Description	Session 1	Session 2	Session 3	Session 4
 Complementary and Alternative Therapies: Separating Fact from Fiction	Does coconut oil really work? Learn which natural treatments for eczema are shown effective through rigorous scientific research... and which aren't.	X	X	X	
 Eczema 202	Take your eczema education to the next level This presentation will delve into the pathophysiology of eczema and latest research findings on eczema's cause and treatments.	X	X		
 Get the Facts: Traditional Chinese Medicine (TCM) & Eczema	Traditional Chinese Medicine (TCM) aims to promote health by bringing the body's systems into balance. Learn how this ancient approach can be a helpful part of eczema management.	X	X		
 Getting a Grip on Hand Eczema	Eczema on the hands and feet can be especially painful, persistent and, at times, embarrassing. Find out how to avoid and treat hand and foot eczema.	X	X		
 Good Night: Sleep Solutions	For patients and families dealing with eczema, sleep often comes in short bursts between itching and scratching cycles. Learn from a sleep expert how to improve your sleep hygiene and get better rest.			X	X
 Systemics: When Topicals Aren't Enough	Systemic therapies are used when topical treatments aren't enough. Learn the different types, their effects and side effects, and when it's time to use them.			X	X
 The CASM Method: What Is It and How Should It Be Used?	The compounded antibacterial, steroid and moisturizer (CASM), also known as The Aron Regimen, is a unique approach to eczema treatment. Learn the basics of CASM from the therapy's originator, Dr. Richard Aron.			X	X

👤	Was It Something I Ate? The Truth About Eczema and Food Allergies	Food allergies are more common among people with eczema and can cause flares. How do you find out if foods are triggers, and what do you do if they are?	X	X		
👥	Ask the Ecz-perts: Biologics (Adults)	The first biologic for AD is approved for adults and adolescents, and more are on the way. Share experiences and questions with professionals and patients on the front lines of these new treatments.	X			
👥	Ask the Ecz-perts: Biologics (Kids)	The first biologic for AD is in trials for children under 12, and more are on the way. Share experiences and questions with professionals and patients on the front lines of these new treatments.		X	X	
👥	Ask the Ecz-perts: Eczema en Español	Don't let your Expo learnings get lost in translation! We'll have a Spanish-speaking eczema expert ready to answer your questions from the day's sessions and help you deepen your eczema knowledge.				X
👥	Ask the Ecz-perts: Raising a Baby with Eczema	This expert- and peer-led session, designed for people caring for infants and young toddlers with eczema, will help you navigate sleep, feeding, daycare and other potential challenges of raising a baby with eczema.	X			
👥	Biofeedback	This group session is designed to give you the tools you need battle stress-induced flares with relaxation.				X
👥	Caring for the Caregiver	Caring for a loved one with a chronic condition can be stressful, exhausting and can impact the caregiver's mental and physical health. This session will teach you how to include self-care in your caretaking duties.	X		X	
👥	Couples Only	Eczema presents challenges to even the most solid romantic relationships. Get the tools you need to increase intimacy and strengthen your relationship.				X
👥	Eczema & Aging	Eczema in people over 60 is common and comes with its own set of symptoms, triggers and diagnostic and treatment challenges. Learn about the latest research in order to get the care you need.		X		
👥	Eczema in the House: How to Eczema-Proof Your Home	Your home can be an obstacle course of triggers: dust, mold, dust mites, scents and harsh chemicals. Learn how to identify and avoid household allergens and make your home an eczema-friendly haven.			X	

	Get Engaged: How to Be a NEA Ambassador	Learn how you can get involved with NEA's newly revamped Ambassador Program to make an impact on the eczema community through spreading awareness, advocating for patients, advancing research and offering peer support to people affected by eczema.				X
	Living My Best Life	When you have eczema, navigating everyday life can be hard. Home keeping, travel, sports, dating and even clothes shopping can cause a flare. This expert- and peer-led discussion will help you identify and avoid hidden triggers, and learn how to live your best life even when you're flaring.				X
	Skincare 101	This interactive session will take you back to basics, covering the fundamentals of flare prevention and explaining essential techniques like wet wraps and bleach baths.	X	X		
	The Skinny on Steroids	How to best use steroids, that is the question. Or not? Am I using too much? Not enough? How strong? How long? This discussion will address appropriate use, as well as risks and benefits of using steroids to treat your eczema.				X
	TMI: How and When to Talk About Your Eczema	How do you decide how much information is too much information? This session will help you determine how and when to talk about your eczema to coworkers, romantic partner and family, and how to #unhideECZEMA on social media.			X	
	You're Not Alone: Caretakers 0-5	Being an eczema parent can be a serious challenge. Meet and share with other parents of young children with eczema. This support group will be peer- and expert-led.		X		
	You're Not Alone: Caretakers 6-12	Being an eczema parent can be a serious challenge. Meet and share with other parents of school-age children with eczema. This support group will be peer- and expert-led			X	
	You're Not Alone: Caretakers 13-20	Being an eczema parent can be a serious challenge. Meet and share with other parents of teen and young adult children with eczema. This support group will be peer- and expert-led.				X
	You're Not Alone: Eczema in Your 20s and 30s	Young adulthood is an exciting time, but navigating college, the workplace and relationships can be especially tricky when you have eczema. Connect with others and consult with an expert for stories, support and advice.	X			

	You're Not Alone: Partners and Supporters of People with Eczema	Eczema can put a strain on friendships, romantic relationships and family dynamics. It can be hard to see a person you love suffering, and difficult to know how to help. Explore problems and solutions with others who understand. This support group will be peer- and expert-led.		X		
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SATURDAY, JUNE 27

Breakout session title	Description	Session 1	Session 2	Session 3	Session 4
 About Face: Managing Facial Eczema	Facial eczema is particularly challenging to live with because it's so visible. Learn how to diagnose, treat and manage the different types of facial eczema.	X	X		
 Access Denied? How to Get the Care You Need	The ever-changing insurance landscape impacts access to eczema care and treatment. We'll help you sort things out.			X	X
 Eczema in Skin of Color: What You Need to Know	Atopic dermatitis can look different on a range of skin tones, and research shows that certain ethnic groups are more at risk. Learn about the diagnostic and treatment challenges in skin of color, and the best ways to get the care you need.			X	X
 Get the Facts: Ayurveda & Eczema	Ayurvedic Medicine is an ancient healing system that focuses on improving overall health and balance using a combination of diet, herbal supplements and massages with special oils. Find out how this ancient therapy can be used to treat eczema.		X		
 Get the Facts: Cannabis & Eczema	Can cannabis be used to treat eczema? Get the facts about cannabis, its potential as a therapy for eczema, access issues and find out how you can incorporate cannabis into your eczema treatment regimen.	X			
 Get the Facts: Inflammation & Eczema	Eczema is an inflammatory condition, where the immune system is stuck in the "on" position. This session will dig deep into the role of inflammation in eczema's symptoms and treatments, and what lifestyle changes can help reduce inflammatory response.			X	X
 Get the Facts: The Microbiome & Eczema	You've heard about the microbiome and gut health, but do you really know what the terms mean and their role in eczema? Get the facts about the microbiome, how it affects eczema and what you can do to maintain or restore bacterial balance.			X	X

	It's All Relative: Eczema's Related Conditions	People with atopic dermatitis are at greater risk for asthma, allergies, depression, anxiety, infections, and heart disease. Learn about eczema's related conditions, and what can be done to prevent and treat them.	X	X		
	Triggered: Managing Contact and Environmental Allergies	Eczema affects everyone differently, making diagnosis and treatment often challenging. Find out about common, and not so common, triggers for eczema and how to identify and treat them.			X	X
	The CASM Method: What Is it and How Should it Be Used?	The compounded antibacterial, steroid, and moisturizer (CASM), also known as The Aron Regimen, is a unique approach to eczema treatment. Learn the basics of CASM from the therapy's originator, Dr. Richard Aron.	X			
	Ask the Ecz-perts: Pediatric Eczema	Parenting a child with a chronic condition is no cakewalk. Fortunately, there are things you can do to help your child be more comfortable and happy in their skin. Learn the latest treatments available and standards of care for children with eczema.	X	X		
	Ask the Ecz-perts: Eczema en Español	Don't let your Expo learnings get lost in translation! We'll have a Spanish-speaking eczema expert ready to answer your questions from the day's sessions and help you deepen your eczema knowledge.				X
	Biofeedback	This group session is designed to give you the tools you need battle stress-induced flares with relaxation.		X		
	Coping with Treatment Failure	What do you do when the treatment your doctor prescribes doesn't work or stops working? This session is designed to help you devise a plan for next steps and to manage the psychological effects when your treatment doesn't work as planned.		X	X	
	Eczema, Intimacy & Body Image	How does it feel to live in skin that itches and rashes? How do you socialize when you're flaring? How do you handle intimacy when you have eczema? This expert-guided discussion will help you sort things out.		X		
	Flare 911	Your eczema is flaring. Now what? Ecz-perts will help you develop a flare-fighting plan that will help you manage itch, calm your mind, and heal your skin.	X	X		
	Get Engaged: How to Be a	Learn how you can get involved with NEA's newly revamped Ambassador Program to make an impact on the eczema community			X	

	NEA Ambassador	through spreading awareness, advocating for patients, advancing research and offering peer support to people affected by eczema.				
	More Than a Rough Patch (Adults)	Research suggests that people with eczema are at greater risk for mental health issues. This is a judgement-free zone to get expert and community support for trouble with anxiety, depression, self-harm, or whatever you (or the adult eczema warrior you love) are battling.			X	X
	More Than a Rough Patch (Kids)	Research suggests that people with eczema are at greater risk for mental health issues. This is a judgement-free zone to get expert and community support for trouble with anxiety, depression, self-harm, or whatever the young eczema warrior you care for is battling.	X			
	The New Era of Eczema: Your Role in Research	The new era of eczema is upon us and following the science can be challenging. Learn more about what's being studied, and how you can get involved.		X		
	The Skinny on Steroids	How to best use steroids, that is the question. Or not? Am I using too much? Not enough? How strong? How long? This discussion will address appropriate use, as well as risks and benefits of using steroids to treat your eczema.				X
	Tools for School	One in four children with eczema are bullied at school. Learn the tools, techniques and resources that will help you give your child the best possible experience at school or daycare.			X	X
	What is Self-Care?	Everyone talks about taking care of your physical body, but what about taking care of your mental health? Come discuss healthy strategies to combat eczema's many emotional challenges.	X		X	X
	#Awkward	Everything you wanted to know about eczema but were afraid to ask. We'll have peers and experts on hand to answer your most pressing eczema questions - the more awkward, the better.	X			
	You're Not Alone: Midlife & Beyond	Living with eczema in midlife presents its own set of challenges. Connect with others and consult with an expert for stories, support and advice.			X	
	You're Not Alone: Eczema & Men	<i>Men only</i> are invited to discuss how eczema affects work, home, love, friendships and self.	X			
	You're Not Alone: Eczema & Women	<i>Women only</i> are invited to discuss how eczema affects work, home, love, friendships and self.		X		