



Agenda - Senior Warriors (age 12-17)

Agenda subject to change

Virtual Expo offers a flexible, modular agenda, where each registrant can assemble a customized schedule of sessions that interest them at times that work for them. Unable to attend all of the sessions you'd like? Many presentations will be available later on demand.

Friday, July 24

3 - 3:45 p.m. PDT

Opening session

Come one, come all! Let's get together to kick off our global gathering. Julie Block, National Eczema Association's (NEA) President and CEO, and dermatologist Dr. Peter Lio, NEA board member and eczema specialist, will kick off this historical virtual event.

5 - 6 p.m. PDT

Meetups

Saturday, July 25

5 - 5:45 a.m. PDT

Fitness sessions

Join in a low-sweat yoga, meditation or fitness class for the entire family!

6 - 6:45 a.m. PDT

Presentation: Ecz-hausted: The Impact of Sleep on Eczema

Description: What happens when itch keeps you up all night? Get a better understanding of the impact eczema has on sleep cycles and how to get better rest.

7 - 7:45 a.m. PDT

Presentation: The Mind-Body Connection: Mental Health and Eczema

Description: Everyone talks about taking care of your skin, but does anyone talk about taking care of your mental health? Learn how to identify and combat the emotional challenges of eczema.

8 - 8:45 a.m. PDT

Fitness sessions

Join in a low-sweat yoga, meditation or fitness class for the entire family!

8 - 8:45 a.m. PDT

Presentation: Eczema in Skin of Color: What You Need to Know

Description: 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.

8 - 9 a.m. PDT

Exhibitor Hours

Get some face time with exhibitors to learn about new products, therapies and resources to help you live well with eczema. When you visit Exhibitors, you can earn badges which will be applied toward raffle entries for prizes selected just for our eczema community.

9:30 - 10 a.m. PDT

Live Q&A: Ask Me Anything (AMA): Eczema & Sleep

10 - 10:45 a.m. PDT

Presentation: Complementary and Alternative Therapies: Separating Fact from Fiction

Description: Does coconut oil really work? Learn which natural treatments for eczema are shown effective through rigorous scientific research — and which aren't.

10 - 10:45 a.m. PDT

Activity: Make Something Wonderful!

Description: Our art experts are concocting fun, inspiring, age-appropriate art projects. Once their creations are complete, eczema warriors can put them on display in our interactive virtual gallery!

10:30 - 11 a.m. PDT

Live Q&A: Ask Me Anything (AMA): Julie Block, NEA's President & CEO

11 - 11:30 a.m. PDT

Rest and Restore Yoga

Recharge and refocus with a low-sweat yoga or meditation class

11 - 11:45 a.m. PDT

Presentation: Starting From Scratch: Managing Eczema's Itch

Description: Itch is the No. 1 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.

11 a.m. - 12 p.m. PDT

Exhibitor Hours

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11:30 - 12 p.m. PDT

Live Q&A: Ask Me Anything (AMA): Dr. Peter Lio (dermatologist)

12 - 12:45 p.m. PDT

Discussion: How to Teen with Eczema

Description: Navigating teen years with eczema can be really tricky. Peer and expert advisors will help you make school, work, sports, swimming, makeup, shaving, fashion, and events like prom, homecoming and school photos more manageable.

12:30 - 1 p.m. PDT

Live Q&A: Ask Me Anything (AMA): Managing Itch

1 - 1:45 p.m. PDT

Presentation: Triggered: Managing contact and environmental allergies

Description: 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.

1:30 - 2 p.m. PDT

Live Q&A: Ask Me Anything (AMA): Mindfulness

2 - 2:45 p.m. PDT

Presentation: About Face: Facial Eczema

Description: 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.

2 - 3:00 p.m. PDT

Activity: Scavenger Hunt

Description: Get ready for an afternoon adventure! Complete missions and solve riddles to get to successfully complete the hunt! Once the scavenger hunt is complete, you can upload their photos to our interactive virtual gallery!

2 - 3 p.m. PDT

Exhibitor Hours

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3:30 - 4 p.m. PDT

Live Q&A: Ask Me Anything (AMA): Talk to skinfluencers about the #unhideECZEMA movement.

4:30 - 6:00 p.m. PDT
Game night

5:30 - 7:00 p.m. PDT
Ecz-travaganza virtual dance party

Sunday, July 26

5 - 5:45 a.m. PDT
Fitness sessions
Join in a low-sweat yoga, meditation or fitness class for the entire family!

7 - 7:45 a.m. PDT
Presentation: Was It Something I Ate? The Truth About Eczema and Food Allergies
Description: 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?

8 - 8:45 a.m. PDT
Fitness sessions
Join in a low-sweat yoga, meditation or fitness class for the entire family!

8:30 - 9 a.m. PDT
Live Q&A: Ask Me Anything (AMA): Eczema & Allergies

8 - 8:30 a.m. PDT
Fitness sessions
Recharge and refocus with a low-sweat yoga or meditation class.

8 - 9 a.m. PDT
Exhibitor Hours
Get some face time with exhibitors to learn about new products, therapies and resources to help you live well with eczema. When you visit Exhibitors, you can earn badges which will be applied toward raffle entries for prizes selected just for our eczema community.

9 - 9:45 a.m. PDT
Support session: It's a Small World After All
Description: Come together as a group for this year's exploration of eczema, self-identity and shared experiences of being a teen. 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 - 10:30 a.m. PDT

Live Q&A: Ask Me Anything (AMA): Eczema, Beauty and Grooming with #skinfluencers

10 - 10:45 a.m. PDT

Support session: What is Self-Care?

Description: 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.

11 a.m. - 12 p.m. PDT

Exhibitor Hours

Get some face time with exhibitors to learn about new products, therapies and resources to help you live well with eczema. When you visit Exhibitors, you can earn badges which will be applied toward raffle entries for prizes selected just for our eczema community.

12 - 12:45 p.m. PDT

Closing session

Let's all come together to celebrate this inspiring and empowering event!

2 - 4 p.m. PDT

Workshop

The Story of Self

Description: Leveraging her background in psychology and education, Eunice Yu will lead a group exploration designed to help you identify your eczema story, a narrative that you shape with your unique experience, voice and perspective. If you attended Story of Self at Expo 2019, Eunice will help you write Chapter 2 of your unique eczema story, strengthening the voice you established in your first workshop.

This session is open to people aged 15+.

2 - 4 p.m. PDT

Workshop

Vision Boarding

Description: Eczema Warrior Ashley Ann Lora will help fellow warriors set an inspiring course for the future, seeing past eczema and its perceived limits.

This session is open to people aged 15+.

2 - 4 p.m. PDT

Workshop

Get Involved: How to be a NEA Ambassador

Description: 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.

This session is open to people aged 15+.

Ongoing programming

The Library

Fine-tune your eczema education with exclusive pre-recorded presentations of selected

Expo sessions:

- Eczema 101
- Eczema 101 en español
- Eczema in the House: How to Eczema-Proof Your Home
- Eczema Treatment Landscape
- Flare 911
- Getting a Grip on Hand and Foot Eczema
- Get the Facts: Inflammation & Eczema
- Skincare 101

Quiz Central

Adult, Senior (teen) and Junior (child) attendees can test their Eczema IQ on topics from eczema and skincare basics, to sleep and itch, to handling eczema's mental health challenges. Take quizzes to collect badges for raffle entries.

Gathering spaces

Meet new friends from the global eczema community and connect with world-class experts and industry leaders in our virtual gathering spaces.

Exhibitor Hall

Visit our exhibitor booths to learn about products and projects designed to improve your life with eczema.

Challenges

Share your flares, demonstrate your cooking skills and show off your dance moves! Join one or all of our challenges to connect with fellow Expo attendees and get badges for raffle entries.

Raffle

Throughout the Virtual Expo site, you'll find opportunities to earn badges which will be applied toward raffle entries for prizes selected just for our eczema community.