

## ADULT ATTENDEE AGENDA

Subject to change

# THURSDAY, JULY 7

# Eczema Expo22

7:30 AM – 8:30 AM

### EXPO WELLNESS CLASSES

Relax your mind and strengthen your body with complimentary flare-friendly yoga, ecz-ercise, and meditation classes, or take to the trail with a group hike. Ages 13 and up.

9:00 AM – 5:00 PM

### CHECK-IN

Pick up your badge, program, and schwag so you can get your Expo started!

10:00 AM – 4:00 PM

### ORIENTATION SESSIONS

*(leaving every hour on the hour)*

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.

1:00 PM – 2:30 PM

### WORKSHOPS – Session 1

2:00 PM – 5:00 PM

### EXPO CAMP CHECK-IN

Once you've gotten your badge(s), get your child checked in by the Expo Camp crew.

2:00 PM – 6:00 PM

### SUP AND KAYAKING

This is your chance to try something new – or do something you already know you love! We've reserved a fleet of stand up paddle boards and kayaks for Expo attendees.

3:00 PM – 4:30 PM

### WORKSHOPS – Session 2

4:00 PM – 5:00 PM

### TAKE A HIKE

Join this guided hike to make new friends and catch up with old friends while moseying around Lake Washington on a scenic paved trail.

5:00 PM – 7:00 PM

### MEETUPS

5:30 PM – 6:30 PM

### DINNER ON YOUR OWN

Eat at the hotel or take a short walk to dine at one of the many eateries at The Landing.

6:00 PM – 9:00 PM

### MARINERS GAME

Head on over to T-Mobile Park to catch a game with the Expo squad!

7:00 PM – 8:00 PM

### SPEED FRIENDING

Ready, set ... go meet your new best friends! This fun, fast-paced activity will let you connect with fellow Expo attendees.

7:00 PM – 9:00 PM

### KAREY-OKE NIGHT

All Expo attendees – kids included! – are invited to take the stage.

## ADULT ATTENDEE AGENDA

Subject to change

# FRIDAY, JULY 8

# Eczema Expo22

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6:30 AM – 7:15 AM **FAMILY FITNESS**  
Join in low-sweat yoga, meditation or fitness class for the entire family!

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6:30 AM – 7:15 AM **EXPO WELLNESS CLASSES**  
Relax your mind and strengthen your body with complimentary flare-friendly yoga, ecz-ercise, and meditation classes, or take to the trail with a group hike. Ages 13 and up.

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8:00 AM – 8:30 AM **ORIENTATION**  
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.

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8:00 AM – 9:00 AM **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 at Expo Camp.

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8:00 AM – 9:00 AM **EXHIBITOR HOURS**  
Visit the Exhibit Hall to get acquainted with products, brands and organizations that serve the eczema community.

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8:00 AM – 9:00 AM **EXPO CAMP DROPOFF**  
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.

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9:00 AM – 9:30 AM **OPENING SESSION**  
Welcome – Julie Block, NEA's CEO

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9:30 AM – 10:45 AM **GENERAL SESSION**  
**On the Horizon: The Latest Developments in Eczema Research and Treatments**  
It's a new era in eczema treatment. There are close to 100 therapies in the pipeline for eczema: therapies with potential to help symptoms such as itch and redness, improve the skin barrier and calm the immune system. Find out about the latest research and treatments on the horizon and what it all means for the eczema community.

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10:45 AM – 11:15 AM **HIPSTER COFFEE BREAK**  
Fuel up for the day with a Seattle-inspired coffee break featuring cold brew with bespoke local syrups and oatmilk, avocado toast and more.

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10:45 AM – 11:15 AM **EXHIBITOR HOURS**

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11:15 AM – 12:15 PM **BREAKOUT SESSIONS 1**

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12:15 PM – 1:45 PM **LUNCH BREAK**  
Eat at the hotel or take a short walk to dine

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12:15 PM – 1:45 PM **EXHIBITOR HOURS**

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12:30 PM – 1:00 PM **YOGA NIDRA**

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1:45 PM – 2:45 PM **BREAKOUT SESSIONS 2**

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2:55 PM – 3:55 PM **BREAKOUT SESSIONS 3**

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3:55 PM – 4:15 PM **AFTERNOON BREAK**

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4:15 PM – 5:15 PM **BREAKOUT SESSIONS 4**

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## ADULT ATTENDEE AGENDA

*Subject to change*

# Eczema Expo22

## FRIDAY, JULY 8 (CONT'D)

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5:15 PM – 5:45 PM **EXHIBITOR HOURS**

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5:30 PM – 6:30 PM **WALK WITH A DOC**

Step out with world class eczema experts during this guided hike along the shore of Lake Washington on a scenic paved trail.

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5:30 PM – 6:30 PM **SUP AND KAYAKING**

This is your chance to try something new – or do something you already know you love! We've reserved a fleet of stand up paddle boards and kayaks for Expo attendees.

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5:30 PM – 7:00 PM **DINNER ON YOUR OWN**

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6:30 PM – 7:30 PM **FAMILY GAME NIGHT**

Are you smarter than a 5th grader? It's time to find out how you rank during this family-friendly game that will test your knowledge of eczema – and beyond!

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7:30 PM – 9:00 PM **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.

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7:30 PM – 9:00 PM **GET IT OUT: OPEN MIC  
SPOKEN WORD**

Everyone at Expo has an eczema story, and we think they should all be told. Are you ready to tell yours? Take your minute at the mic to share your story in prose or poetry form. Not a poet? Not a writer? Not a public speaker? None of that matters tonight. What matters is your story and we're hoping you'll tell it.

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## ADULT ATTENDEE AGENDA

Subject to change

# SATURDAY, JULY 9

# Eczema Expo22

6:30 AM – 7:15 AM

### **FAMILY FITNESS**

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

6:30 AM – 7:15 AM

### **EXPO WELLNESS CLASSES**

Relax your mind and strengthen your body with complimentary flare-friendly yoga, ecz-ercise, and meditation classes, or take to the trail with a group hike. Ages 13 and up.

8:00 AM – 9:00 AM

### **EXHIBITOR HOURS**

Visit the Exhibit Hall to get acquainted with products, brands and organizations that serve the eczema community.

8:00 AM – 9:00 AM

### **EXPO CAMP DROPOFF**

It's time for our young eczema warriors to embark on their daily adventure.

9:00 AM – 10:30 AM

### **GENERAL SESSION**

#### **The Path to a Cure**

For the eczema community, the past five years have brought a flurry of advanced, targeted therapies. With all of these new treatments, it's easy to lose track of the fact that the research that produces therapies is also bringing us closer to an eczema cure. This panel discussion will reveal what we've learned about the mechanisms behind eczema and speculate about what an eczema cure might look like – if it's even possible.

10:30 AM – 11:00 AM

### **EXHIBITOR HOURS**

11:00 AM – 12:00 PM

### **BREAKOUT SESSIONS 1**

12:00 PM – 1:30 PM

### **LUNCH BREAK**

Enjoy a bite to eat from one of the onsite or nearby eateries

12:00 PM – 1:30 PM

### **EXHIBITOR HOURS**

12:15 PM – 12:45 PM

### **YOGA NIDRA**

1:30 PM – 2:30 PM

### **BREAKOUT SESSIONS 2**

2:40 PM – 3:40 PM

### **BREAKOUT SESSIONS 3**

3:40 PM – 4:00 PM

### **AFTERNOON BREAK**

4:00 PM – 5:00 PM

### **BREAKOUT SESSIONS 4**

5:00 PM – 5:30 PM

### **EXHIBITOR HOURS**

5:30 PM – 6:30 PM

### **TAKE A HIKE**

Join this guided hike to make new friends and catch up with old friends while moseying around Lake Washington on a scenic paved trail.

5:30 PM – 6:30 PM

### **SUP AND KAYAKING**

This is your chance to try something new – or do something you already know you love! We've reserved a fleet of stand up paddle boards and kayaks for Expo attendees.

6:30 PM – 7:30 PM

### **LET'S GET READY TOGETHER**

What's more fun than getting ready for a dance party? Getting ready together! All are welcome to join Alexis Smith and other skinfluencers for a casual get-together involving hair, makeup and outfit selection! (Under age 15 requires parental supervision.)

7:30 PM – 10:30 PM

### **ECZ-TRAVAGANZA**

All Expo attendees – kids included!— are invited for dinner, dancing, and drinks. Dress code: Anything and everything you've been wanting to wear for the past 2 years!

## ADULT ATTENDEE AGENDA

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# SUNDAY, JULY 10

# Eczema Expo22

6:30 AM – 7:15 AM

### **FAMILY FITNESS**

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

6:30 AM – 7:15 AM

### **EXPO WELLNESS CLASSES**

Relax your mind and strengthen your body with complimentary flare-friendly yoga, ecz-ercise, and meditation classes, or take to the trail with a group hike. Ages 13 and up.

8:00 AM – 9:00 AM

### **EXHIBITOR HOURS**

Visit the Exhibit Hall to get acquainted with products, brands and organizations that serve the eczema community.

8:00 AM – 9:00 AM

### **EXPO CAMP DROPOFF**

It's time for our young eczema warriors to embark on their daily adventure.

9:00 AM – 10:15 AM

### **GENERAL SESSION**

#### **Okay, You've Got 15 Minutes**

Learn the secrets to getting the most out of your next eczema appointment. This panel session will call on audience members to "play doctor" – a G-rated version, we promise! – with top eczema experts to reveal the right (and wrong) way to talk with your doc and make every second of your visit count!

10:15 AM – 10:30 AM

### **EXHIBITOR HOURS**

10:30 AM – 11:30 AM

### **BREAKOUT SESSIONS 1**

11:35 AM – 12:35 PM

### **BREAKOUT SESSIONS 2**

12:40 PM – 2:30 PM

### **CLOSING SESSION AND GROUP LUNCH**

Expo Campers will join us for an allergy-friendly meal, plus Expo Awards and raffle prizes.

2:30 PM – 3:00 PM

### **EXHIBITOR HOURS**

3:00 PM – 5:00 PM

### **SUP AND KAYAKING**

This is your chance to try something new – or do something you already know you love! We've reserved a fleet of stand up paddle boards and kayaks for Expo attendees.

4:30 PM – 5:30 PM

### **TAKE A HIKE**

Join this guided hike to make new friends and catch up with old friends while moseying around Lake Washington on a scenic paved trail.