

# GET INVOLVED, STAY CONNECTED

## Become an Advocate

Be a vital voice on legislation and policies impacting people with lupus. Visit our Legislative Action Center to sign up to be an advocate and make your voice heard. Visit [Lupus.org/Advocacy](https://lupus.org/Advocacy).

## Participate in Research

People with lupus and their caregivers can advance lupus research from the convenience of their home by simply sharing their lupus experience using RAY™: Research Accelerated by You. This online registry will help researchers accelerate the development of new treatments and enhance the quality of care for people with lupus. To learn more, visit [Lupus.org/RAY](https://lupus.org/RAY).

## Connect with Others

LupusConnect™ is our online community where people affected by lupus can engage with others to share experiences, find emotional support and discuss practical ways to live and cope with the disease. Join at [Lupus.org/LupusConnect](https://lupus.org/LupusConnect).

## Make Your Mark™

Host an event and fundraise to support the fight to end lupus. Visit [Lupus.org/MakeYourMark](https://lupus.org/MakeYourMark).

## Team Make Your Mark™

Team Make Your Mark™ is a way for novice or experienced athletes to combine running or walking events with fundraising to support the lupus community. This includes our Virtual 6 Challenge—complete 6 miles in 6 days to help end lupus. To learn more, visit [Lupus.org/TMYM](https://lupus.org/TMYM).

## Raise Awareness

There are many ways you can spread awareness of lupus and help bring greater attention and resources to the fight to end lupus. This includes everything from using social media to educate others about lupus to participating in national awareness campaigns, like Lupus Awareness Month. To get started visit [Lupus.org/Spread-Awareness](https://lupus.org/Spread-Awareness).


## Make a Gift

Send your donation payable to the Lupus Foundation of America, 2121 K St. NW, Suite 200, Washington, DC 20037 or online at [Lupus.org/Donate](https://lupus.org/Donate).

## Walk to End Lupus Now®

Join more than 70,000 people across the country who walk with one unified purpose — to end lupus. Visit [WalktoEndLupusNow.org](https://WalktoEndLupusNow.org) to sign up for a walk near you.

Help Us Solve  
The Cruel Mystery  
**LUPUS**  
FOUNDATION OF AMERICA

**LUPUS  
ANSWERS:**  
**Start Here** 




ANGEL, lupus warrior

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2121 K Street NW, Suite 200  
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800.558.0121

[LUPUS.ORG](https://lupus.org)

 [LupusFoundationofAmerica](https://www.facebook.com/LupusFoundationofAmerica)  
 [LupusOrg](https://twitter.com/LupusOrg)  
 [LupusOrg](https://www.instagram.com/LupusOrg)  
 [LupusFoundationofAmerica](https://www.youtube.com/LupusFoundationofAmerica)  
 [LupusOrg](https://www.tiktok.com/LupusOrg)

# We're your partner every step of the way.

At the Lupus Foundation of America, we understand the physical suffering, emotional turmoil and economic hardships caused by lupus. We collaborate with lupus medical experts to produce useful and relevant resources, programs, and services to directly help people with lupus and their doctors better manage the disease.

**MARIA**, lupus warrior



## FIND HELP, GET ANSWERS

### National Resource Center on Lupus

A collection of up-to-date resources and information on lupus. The Resource Center educates, empowers and connects you to lupus resources, programs and support services. Visit [Lupus.org/Resources](https://Lupus.org/Resources) to learn more.

### Health Education Specialists

Our certified health education specialists are available to answer questions and provide caring support to people with lupus, their families and caregivers. Visit [Lupus.org/HealthEducator](https://Lupus.org/HealthEducator) to contact a health education specialist today (in English or Spanish).

### Inside Lupus Research

From clinical trials to new treatment breakthroughs, Inside Lupus Research is your one-stop location for learning about all the latest lupus research news that matters to you! Visit [Lupus.org/InsideLupusResearch](https://Lupus.org/InsideLupusResearch) to subscribe today!

### Local Support & Programs

We provide opportunities to engage locally and participate in education events and support groups dedicated to improving the lives of people affected by lupus.

And our on-the-ground experts can help you find resources, support groups and get involved in the fight to end lupus. Visit [Lupus.org/Local-Support](https://Lupus.org/Local-Support).

### SELF

The SELF app (Strategies to Embrace Living with Lupus Fearlessly) is our free self-care program for people with lupus that provides customized support in managing symptoms, stress, and medications. Visit [Lupus.org/SELF](https://Lupus.org/SELF) to sign up.

### Lupus & You: Answers. Advocacy. Action.

Our free educational series where people with lupus, their family and friends have the opportunity learn about the latest in lupus research and helpful resources for managing the disease. You'll also hear about ways you can engage in advocacy and awareness efforts. Register at [Lupus.org/Lupus-and-You](https://Lupus.org/Lupus-and-You).

### Take Charge

The weekly education email series is designed to introduce people with lupus, including those recently diagnosed, to tips and resources that can help in better management of lupus and its everyday challenges. Sign up at [Lupus.org/TakeCharge](https://Lupus.org/TakeCharge) and find our program en español at [Lupus.org/TomeControl](https://Lupus.org/TomeControl).

### The Expert Series






Our educational podcast series features empowering episodes from leading lupus experts with a focus on helping you live well with lupus. New episodes are released throughout the year on the National Resource Center on Lupus. Visit [Lupus.org/TheExpertSeries](https://Lupus.org/TheExpertSeries).

### E-newsletter

Stay connected and sign up to receive our monthly e-newsletter that includes the latest research news and articles on living with lupus. Sign up at [Lupus.org](https://Lupus.org).

### Social Media

For daily updates on lupus news and information, follow us here:

-  [LupusFoundationofAmerica](https://www.facebook.com/LupusFoundationofAmerica)
-  [LupusOrg](https://twitter.com/LupusOrg)
-  [LupusOrg](https://www.instagram.com/LupusOrg)
-  [LupusFoundationofAmerica](https://www.youtube.com/LupusFoundationofAmerica)
-  [LupusOrg](https://www.tiktok.com/LupusOrg)