



Take **CHARGE**

"Love that it gave me tools to use and not just an article to read. I printed a tool to track how lupus is impacting my life and a guide about developing my 'elevator speech!'"

Take Charge is a weekly education email series for people with lupus, including those recently diagnosed. Each week for 12 weeks you'll get an email from our Health Educator Specialists with tips and resources to help you better manage lupus.

With Take Charge you'll gain knowledge and skills that can help you:

- Explain to others how lupus affects you
- Find and ask for the support you need
- Identify and track your lupus symptoms
- Stick with your treatment plan
- Make the most of your doctor appointments
- Cope with lupus and its day-to-day challenges

Help Us Solve
The Cruel Mystery

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