LUPUS AWARENESS MONTH HAS OFFICIALLY ARRIVED

This May Lupus Canada invites you to join us in helping to create awareness for all Canadians impacted by lupus. Lupus Canada, being the only national organization focused on lupus research, advocacy, awareness and education in Canada allows us a great opportunity to make an impact for those living with this debilitating disease.

Lupus Awareness Month allows organizations, individuals, and communities internationally to join together to put a spotlight on this invisible illness. *With your assistance Lupus Canada will engage with our communities and provinces across Canada to educate and bring awareness of the physical, emotional, and economic impact of lupus.* The time for change is now!

Here are important dates to remember this May:

Tuesday May 10th 2022- World Lupus Day

Friday May 20th 2022 - Put on Purple Day

Thursday May 26th 2022- Lupus Canada’s Let's Talk Lupus - Disease Awareness Webinar "What’s Happening in Lupus Research?" presented by Dr. Christine Peschken

Lupus Canada is Celebrating and Honouring All Mothers On Sunday May 8th 2022!

All mothers deserve only the best on Mother's Day and every day! Be sure to take time to celebrate and give a token of appreciation to all the mothers in your life next Sunday. We hope you will have a relaxing and enjoyable weekend with your friends and family.

#MAKELUPUSVISIBLE

your gift makes a difference

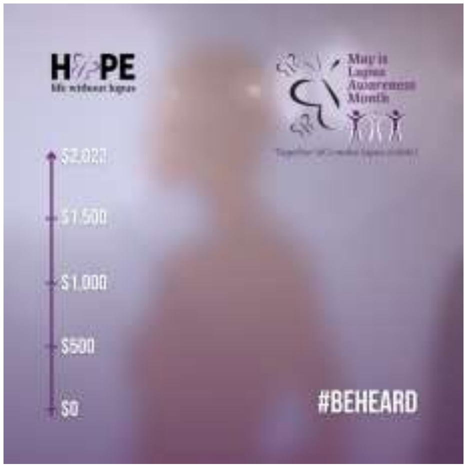
LUPUS AWARENESS MONTH

Lupus Canada is Proud to Present The 2022 Lupus Awareness Month Video

To launch Lupus Awareness Month, Lupus Canada is proud to present this year’s Lupus Awareness Video. *This May let’s focus on making lupus visible and raising the voice of all those impacted by lupus.*

By sharing the messages and amplifying the voices of Canadians living with lupus, we hope to demonstrate how complex this disease truly is and how by joining together we can make a difference. We are asking for YOU to help share our message across Canada. Lupus Canada thanks all the individuals who participated in the creation of this video. To watch the video please click on the image below and share with your friends and family!

Special thanks to our video editor Kora Farley-Smith



Lupus Canada's Goal This May

Living with lupus can be a constant struggle for individuals of all ages, genders, and background, and we are calling YOU to help spread our message far and wide.

Lupus Canada's goal is to raise $2,022 this Lupus Awareness Month so that we can continue to work to provide reliable resources and foster awareness among Canadians about lupus. Due to the multi-faceted nature, lupus is not an easily recognizable disease and does not lend itself to be widely known by the public. It is therefore necessary to provide knowledge and create awareness among Canadians.

Help us achieve our lupus awareness month goal by donating here
https://www.lupuscanada.org/awarenessmonth2022/

Canada Illuminates in Purple for Lupus Awareness Month

Lupus Canada is pleased to announce that once again we will be illuminating landmarks throughout Canada for *World Lupus Day on May 10th and Put on Purple Day on May 20th*. These dates are crucial to supporting those who live with lupus, as well as, working to create more resources for those in need. It is our hope that by lighting significant landmarks throughout Canada we can create awareness for this debilitating disease.

There is no better way to celebrate Lupus Awareness Month than by shining purple in Canada. *Lupus Canada is grateful to announce that over 30 landmarks will be illuminated in purple across the country*. If you see a landmark illuminated in purple, please take a photo, share on social media and tag @LupusCanada. Below is a list of all the landmarks that will be illuminated in May.

Please see below for specific details regarding a few of the Landmark Illuminations!

*High Level Bridge, Edmonton, AB***:** The event information will be published on the Open Data Portal (https://data.edmonton.ca/).

BC Place, Vancouver, BC: BC Place is illuminated from 6am to sunrise, and from sunset to 11pm most nights. On event nights, the roof and Northern Lights Display are lit until the conclusion of the event. Follow them on Twitter @bcplace to receive up-to-the-minute lighting and event information from inside the stadium.

Sails of Light, Vancouver, BC: Sails of Light will light purple on May 10, 2022 for World Lupus Day. Sample photos and a time lapsed video are located at: https://www.canadaplace.ca/experience/sails-of-light. Their handle is @canadaplace for Facebook, Twitter and Instagram and their preferred hashtags are #sailsoflight and #canadaplace.

Fitzsimmons Bridge, Whistler, BC: The bridge will be lit up 44 minutes before sunset.

Niagara Falls, Niagara Falls, ON: The Falls will be illuminated in purple at 10:00p.m. for a fifteen (15) minute duration. Please note that all illumination times are approximate and subject to change according to light conditions. The live cam link is https://www.earthcam.com/canada/niagarafalls/?cam=niagarafalls_str. Be sure to share with your families and friends so that everyone can see the Falls illuminated. Thank you to The Niagara Falls Illumination Board for supporting Lupus Canada this May.

CN Tower, Toronto, ON: A standard light show will run for 8 minutes at the top of every hour, followed by another light show on the half hour. Please note that lighting begins at sunset, however it won't become fully visible until the sky darkens sufficiently approximately 30 minutes later. The night lighting will be visible by webcam on their website: https://www.cntower.ca/enca/home.html#earthcams.

For more information please visit https://www.lupuscanada.org/world-lupus-day/

**Please note that all efforts will be made to honour these illuminations listed; however, all the Canadian Landmark Managements reserve the right to adjust the lighting schedule as necessary without notice and this may result in: modifying the timing of the lighting, sharing the evening with another cause or rescheduling the date.*

Canada Illuminates in Purple for Lupus Awareness Month

May is Lupus Awareness Month

Together let's make lupus visible!

Alberta Landmarks

- May 10 Calgary Tower, Calgary, AB
- May 10 High Level Bridge, Edmonton, AB
- May 10 Canopy at Shell Place, Fort McMurray, AB
- May 10 Arts Commons, Calgary, AB
- May 10 Stephen Avenue Galleria Trees, Calgary, AB
- May 10 Lethbridge City Hall, Lethbridge, AB
- May 10 Olympic Plaza,Calgary, AB
- May 10 Reconciliation Bridge, Calgary, AB
- May 10 Telus Spark, Calgary, AB
- May 10 Jubilee Auditorium, Calgary, AB

British Columbia Landmarks

- May 10 BC Place Vancouver, BC
- May 10 Fitzsimmons Bridge, Whistler, BC
- May 10 Sails of Light, Vancouver, BC
- May 10 Port Coquitlam City Hall, Port Coquitlam, BC
- May 10 City Hall of Vancouver, Vancouver, BC
- May 10 Vancouver Convention Centre, Vancouver, BC
- May 10 Burrard Street Bridge Vancouver, BC

Ontario Landmarks

- May 10 3D Toronto Sign, Toronto, ON
- May 10 CN Tower, Toronto, ON
- May 10 City Hall, Kingston, ON
- May 10 City Hall, Sarnia, ON
- May 10 Imperial Theatre, Sarnia, ON
- May 10 Bluewater Power, Sarnia, ON
- May 10 Niagara Falls, Niagara Falls, ON
- May 10 Port Credit Lighthouse Mississauga, ON
- May 10 JA Taylor Building, London, ON
- May 10 City Hall of London, London, ON
- May 10&19 RBC Place London London, ON
- May 10 Brant Street Pier, Burlington, ON

Prince Edward Island Landmarks

- May 10 City Hall, Charlottetown, PEI

New Brunswick Landmarks

- May 16-30 Fredericton City Hall, Fredericton, New Brunswick

Nova Scotia Landmarks

- May 10-16 Halifax City Hall, Halifax, Nova Scotia

Saskatchewan Landmarks

- May 16-30 Foyer of Regina, City Hall, Regina, Saskatchewan

Join the Conversation on World Lupus Day

For World Lupus Day on May 10th, 2022 we need YOU to help us Make Lupus Visible! On May 10th, 2022 Lupus Canada will join others across the globe to recognize and celebrate World Lupus Day. World Lupus Day will focus on the need for heightened awareness, improved patient healthcare services, increased research into the causes of and a cure for lupus, and enhanced physician diagnosis and treatment of lupus.

World Lupus Day is under the direction of the World Lupus Federation. Lupus Canada is proud to be a partner in the effort to focus greater worldwide attention on this devastating disease. Efforts are underway to secure support for the proclamation by governments around the globe. On behalf of people with lupus from Canada, we seek our government’s support in raising awareness for World Lupus Day.

World Lupus Day Proclamations

Thank you to the Ministers of Health across Canada for supporting those who live with lupus and for proclaming in their legislature May 10th as World Lupus Day. By presenting this proclamation it demonstrates the support, recognizes this historic day and demonstrates our country’s concern for the needs of the millions of individuals affected by lupus worldwide, and their caregivers.

You may be wondering how you can help us make a difference on World Lupus Day. There are a wide range of accessible activities available so that every Canadian can participate, some of these include:

- Donate: help Lupus Canada reach our $2,022 goal by donating at https://www.lupuscanada.org/awarenessmonth2022
- Give: start your very own lupus awareness fundraiser on Facebook, Tiltify, or Instagram.
- Spread Awareness: follow Lupus Canada on Facebook, Twitter, Instagram, and LinkedIn. Like, share or retweet daily content, share our informational resources, and use our Lupus Awareness Month images available on our website on your social media platforms with the #MakeLupusVisible and #BeHeard to amplify our voices and gain global

recognition of the disease.

- Advocate: educate yourself about lupus and share with family, friends, and coworkers! Use the power of social media to email or tweet your elected officials about the importance of increasing resources and policies for lupus patients! Don't forget to share YOUR lupus story with us to make lupus visible, please send to leanne.mielczarek@lupuscanada.org.

Be sure to send us how you will be helping spread lupus awareness by taking a picture and tagging @LupusCanada.

You can be a part of the growing number of individuals, communities, media and celebrities that are making a difference this Lupus Awareness Month to end the brutal impact of this disease.

For more information please visit https://lupuscanada.org/lupusawarenessmonth/.

Show your support in finding a cure and help those living with lupus by wearing purple on May 20th! Our hope for Put On Purple Day is to make lupus visible. Over 1 in 1,000 Canadian men, women and children live with lupus. It can affect AnyONE at AnyTIME and AnyORGAN.

Get Ready for Put on Purple Day on Friday May 20th 2022

On May 20th, 2022 Lupus Organizations across Canada will join together to recognize and celebrate Put on Purple Day. Show your support in finding a cure and help those living with lupus by wearing purple on May 20th!

Share your photos or videos on Twitter, Instagram or Facebook and tag @LupusCanada or email them to info@lupuscanada.org!

Let’s Talk Lupus - Disease Awareness Webinars

Lupus Canada is pleased to present the Let's Talk Lupus - Disease Awareness Webinars sponsored by AstraZeneca and GSK.

What’s Happening in Lupus Research?

On May 26th, 2022 at 7:00 pm (EST) Lupus Canada will be joined by Dr. Christine Peschken who will discuss ‘What’s happening in lupus research?'.

Dr. Christine Peschken is a Professor in the Departments of Medicine and Community Health Sciences, Max Rady College of Medicine, Rady Faculty of Health Sciences, University of Manitoba. She is the current Division Head for the Division of Rheumatology, as well as acting Division Head for the Division of Allergy and Clinical Immunology, Department of Internal Medicine, University of Manitoba.

She established the University of Manitoba Lupus clinic at the health sciences Centre in Winnipeg in 2002. She received her medical degree (with distinction) from the College of Medicine, University of Saskatchewan, and trained in General internal medicine and rheumatology at the University of Manitoba, Winnipeg, Manitoba. She completed a Master’s degree in epidemiology and biostatistics at McGill University and the University of British Columbia prior to joining the faculty of medicine at the University of Manitoba in 1999.

To register for this webinar please visit https://us06web.zoom.us/webinar/register/WN_FE2P8XKaTMyM4evnpf1FFw.

Lupus Awareness Month Merchandise

Let's Make Lupus Visible --- Purchase your lupus awareness merchandise today!

With limited quantities available be sure to visit our website to order your 2022 Put on Purple T-Shirt, socks, and pins. This is a great way to support and participate in Lupus Awareness Month initiatives. Don’t forget to wear your merchandise on May 10th for World Lupus Day and on May 20th for Put on Purple Day. We look forward to sharing your posts and are excited to see you all wear them in May!

To purchase your merchandise please visit https://www.lupuscanada.org/merchandise/

Lupus Awareness Month Contest

Lupus Canada is excited to announce that DeMar DeRozan, one of Lupus Canada’s Celebrity Ambassadors, has donated signed Put on Purple t-shirts for our Lupus Awareness Month contest. By having Ambassadors like DeMar DeRozan, they are able to help us create the much needed awareness of lupus. DeMar DeRozan states, "With my connection to Canada, I thought it is important to get involved to help my mom and aunt who are dealing with lupus. I think it’s important to raise awareness for lupus globally. Whether I support one person, or a thousand people, I’d like to inspire families to overcome their challenges and better understand what they’re facing."

Read the contest rules below to see how you can enter and win a signed DeMar DeRozan Put on Purple t-shirt:

- Every $50.00 donation towards the Lupus Awareness Month goal in May, will receive one entry into the draw.
- For every $75.00+ donation you will receive two entries into the draw.
- This contest begins on Sunday May 1st 2022 at 12:00 am until Tuesday May 31st 2022 at 11:59 pm.
- Must be a Canadian resident.
- Once the 2 winners are selected, they will have 24 hours to reply or an alternative winner will be chosen.
- The winners will be announced on Friday June 3rd 2022 at 12:00 pm.

To enter the contest please visit https://www.lupuscanada.org/awarenessmonth2022/.

Lupus Canada’s Collaborations for Lupus Awareness Month

"As a champion of health, we are honoured to partner with Lupus Canada to help raise awareness for lupus, an autoimmune disease affecting many body systems with an uncomfortable side effect being night sweats."

- Lusomé founder, Lara Smith.

Lupus Canada is teaming up with Lusomé Sleepwear to raise funds and awareness for lupus awareness month

This collaboration with Lusomé Sleepwear will commence at 12:01 am MST on May 1, 2022. Lusomé is a Canadian company leading the way in technology-based loungewear for women impacted by a variety of health issues, including lupus. Lusomé will be donating 20% from all sales of their Donna Sleep set to Lupus Canada in May to help fund the crucial research that will help treat lupus.

Lusomé will also have a pop-up at The Revente in Calgary on Tuesday May 3rd 2022, from 4:00pm to 8:00pm to kick off the collaboration with Lupus Canada. Be sure to get there early as the first 30 customers will receive swag bags. Through collaborations, with organizations like Lusomé, we are able to further our reach to help bring the much-needed awareness to this debilitating and life-threatening disease during lupus awareness month. We look forward to this collaboration to create greater awareness for lupus and give hope to those impacted by lupus.

To purchase your Donna Sleep set and to participate in this collaboration please visit https://lusome.com/pages/lusome-x-lupus.

Lupus Canada is excited to be a guest on the Revolutionized Mind Podcast, on Tuesday May 10th 2022

The host of the Revolutionized Mind Podcast, Angelica Galluzzo, is a mental health advocate who wants to positively impact the lives of others and restructure the way that we think to ensure that we are living the best, happiest, successful lives possible. Through inspiring stories and fascinating interviews, Angelica hopes to use real conversations to show you that you aren't alone and can find a positive in every situation.

Leanne Mielczarek, Executive Director and Isaac Hall, Youth Ambassador will be featured in this episode where they will discuss what lupus is, what it is like living with the disease, and the importance of #LetsTalkLupus.

To learn more about the Revolutionized Mind Podcast and to listen to this episode on May 10th 2022 please visit https://anchor.fm/therevolutionizedmind.

Ride Cycle Hosts a Charity Event for Lupus Canada

Join Richelle at the Ride Cycle Club Calgary for a charity ride on Sunday May 29th at 1:00 PM (MST) where 100% of the proceeds will be donated to Lupus Canada. Sign up on the Ride Cycle Club App or visit their website at https://ridecycleclub.com/.

Please note that you can officially register for the class today. Register quickly as there are only a total of 40 bikes!

Who is RIDE Cycle Calgary?

RIDE is an innovative boutique concept that is challenging the status quo of indoor cycling. Each RIDE is a full-body workout designed to reboot and strengthen both your mind and body. RIDE combines an intense cardiovascular sweat, micro bike movements and full body toning reinforced by the authority of music.

We RIDE to get lost in the music, the movement and the pack. We RIDE to get stronger, we RIDE to get better, and we RIDE to find our best selves. We RIDE united. We RIDE to the rhythm. We RIDE as one. Together we are stronger.

Haley Made Jewelry Shop Creates a Lupus Jewlery Collection for May

Haley Made Shop is a female-owned, handmade jewelry business based in Toronto, Canada. Haley Made Shop strives to bring colour and happiness through the products she creates.

Every piece is crafted with care and uses the best materials from real fresh water pearls to 18k gold plated findings. She wants her customers to have unique products that last a lifetime and stands out from everyone else.

Haley, the owner of Haley Made Shop, has been diagnosed with lupus for one year and wants to do something special for lupus awareness month. Haley has created a limited edition Lupus Jewlery Collection and will be donating 30% of the proceeds from the collection pieces listed below to Lupus Canada in May! Be sure to order quickly as there is a limited quantity available. Thank you Haley for supporting the lupus community and for raising lupus awareness.

Lupus Collection:

Butterfly Hope Pendant Necklace - 18k gold plated butterfly pendant necklace is available in two different chains. Measures at 17" with lobster clasp.

Unity Bracelet - Two-toned purple gemstone bracelets represent the unity of the lupus community. Strung on a strong elastic cord with 18k gold plated beads.

Happiness Charm Bracelet - A Haley Made classic with a purple twist. Includes unique acrylic beads, real freshwater pearl, and finished with 18k gold plated finishings.

Lupus Awareness Butterfly Keychain - Glass purple butterfly pendant attached to a gold keychain.

To order please visit https://haleymade.ca/collections/lupus-collection

Lupus Canada's Disease of a Thousand Faces Campaign

Lupus Canada is continuing to gather pictures of Canadians living with lupus for our Disease of Thousand Faces Campaign! Lupus Canada is hoping to gather 1,000 pictures of lupus warriors around the world by the end of the year. Share this campaign with your friends and through social media and help us reach our goal. Lupus is known as the "Disease of a Thousand Faces" due to its wide-ranging symptoms and ability to mimic other diseases. Join Lupus Canada by emailing a photograph of yourself to info@lupuscanada.org or by tagging @LupusCanada on social media.

Lupus Awareness Month Social Media Toolkit

Help Lupus Canada create awareness for lupus! Lupus Canada has created our own social media toolkit to allow the public to help amplify and promote this cause. We have created images and Zoom and phone wallpapers for you to share with your family, friends, and colleagues.

To download the images visit https://www.lupuscanada.org/lupusawarenessmonth2022/

Provincial Activities

BC Lupus Society

31st Annual Lupus Symposium

May 16-20, 2022

Sign up for more details on speakers, topics covered, and presentations straight to your inbox!

BC LUPUS SOCIETY

The BCLS 31st Annual Lupus Symposium will be taking place from May 16th to 20th. They will be uploading a series of presentations by different medical professionals covering topics from mental health to diagnosing lupus. There will be a total of 6-7 speakers over the week as well as a video from the President of the BC Lupus Society, Herby. On the last day, there will be a live Q&A with these speakers at 10:00am PST where the audience can ask questions virtually. Last year this symposium was received very well and the BC Lupus Society is looking forward to hosting this again!

To sign up for the mailing list to receive further information please visit https://mailchi.mp/0ff173f83869/2022-annual-symposium

Lupus Ontario

Throughout the month of May, Lupus Ontario will be working to spread awareness of lupus, through publications, press releases, email/social media campaigns and the enlightenment of key building and monuments across the province.

Some key dates to look out for:

New Lupus Month Podcast Episode Released – May 5th
World Lupus Day Celebration Webinar – May 10th
Release of Lupus Ontario Public Awareness Video – May 26th

For more information on the Provincial Lupus Organizations and their initiatives for Lupus Awareness Month please visit https://www.lupuscanada.org/provincial-lupus-organizations/.

ARTICLES

Know The Signs: Lupus

Systemic lupus erythematosus, the most common form of lupus, is a chronic disease in which the immune system mistakenly attacks healthy tissue instead of actual threats to the body. These attacks can target any tissue or organ, including the skin, muscles, joints, blood, heart, lungs and brain, causing inflammation that results in a wide range of symptoms, according to Lupus Canada. The complex condition, which can affect men and women of all ages, belongs to a class of diseases that includes rheumatoid arthritis, multiple sclerosis and juvenile diabetes. While there is presently no cure for lupus, the disease is not contagious and there are treatments that facilitate the long-term management of symptoms.

Symptoms of lupus

Lupus is known as “the disease with 1,000 faces” because it produces so many symptoms that almost every patient experiences it differently. Many of these symptoms are referred to as flare-ups because they appear and recede with the passage of time. The most distinctive sign of the disease, according to the Mayo Clinic, is a facial rash that resembles the wings of a butterfly spreading across a patient’s cheeks. Other symptoms include (but are not limited to): fever, extreme fatigue, joint pain, shortness of breath, chest pain, swelling of the feet or legs, hair loss, seizures, confusion, depression and sensitivity to sunlight.

Diagnosing lupus

The diversity of symptoms and the different ways they manifest makes lupus a difficult disease to diagnose. Because a large number of patients are women of child-bearing age, researchers suspect hormonal changes may be a factor. Genetics and the environment may also play a role, however, with family history, sunlight, stress, infections, medication and a history of smoking all viewed as possible causes.

Diagnosis, therefore, can be a long and painful process, with doctors typically starting the process by recording symptoms and exploring any family history of the disease. The next steps may be lab tests that search for things such as anemia, low blood cell counts and other anomalies.

These tests may be followed by other exams, including an anti-nuclear antibody (ANA) test that detects the presence of antibodies in the body that fight lupus. Although most people with the disease test positive on an ANA test, many people who do not have lupus will also return a positive result. Urine analysis, chest X-rays, echocardiograms and biopsies are other tools that may be used to help diagnose the disease. Doctors typically look for multiple clinical signs of lupus, including family history and symptoms, before confirming the presence of the disease.

How is lupus treated?

With no cure currently available, doctors focus on managing the symptoms and protecting the body's organs and tissues from this lifelong condition. Treatment will vary depending on the severity of symptoms, age of the patient, general health and medical history, with some patients needing little intervention and others requiring an aggressive strategy. There are a range of medications available, according to the Lupus Foundation of America , including anticoagulants (to prevent blood clots), antimalarials (to guard against skin rashes and UV light, immunosuppressives (to stop the immune system from attacking) and anti-inflammatories and steroids (to relieve inflammation).

Preventing lupus flare-ups

While there is no sure way to prevent the disease, it may be possible to avoid flare-ups by avoiding exposure to the sun, maintaining healthy habits (by reducing stress and eating and sleeping well) and keeping your body and its joints in motion through low-impact exercise.

Prevalence of lupus in Canada

It is estimated that between 15,000 and 50,000 Canadians are currently living with lupus, according to Lupus Canada, with women between the ages of 15 and 45 facing the greatest risk. In this particular age group, women are eight to 15 times more likely to develop the disease than men.

Support for lupus

If you or someone you know has been impacted by this disease, check out Lupus Canada. The BC Lupus Society and Lupus Ontario both offer access to online support groups and there are forums where you can discuss the disease with other patients at Lupus.net.

Source: https://www.healthing.ca/diseases-and-conditions/know-the-signs-lupus?

QUOTATION OF THE MONTH

May is
Lupus
Awareness
Month

Together let's make lupus visible!

> "Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."
> — HARRIET TUBMAN

MY LUPUS STORY

My Lupus Journey with Haley

Hello! My name is Haley and this is my lupus story. In May 2021, I was brought to the hospital for chest pains and a recent fainting incident. When I got to the emergency room they saw something in my X-ray and found a pulmonary embolism. I did not realize it at the time, but it was a pretty scary ordeal and it could've turned fatal very quickly. I ended up staying in the hospital for 2 weeks while the doctors performed a bunch of tests to see what caused it. Finally, they diagnosed me with lupus and evans syndrome and my life has been different ever since.

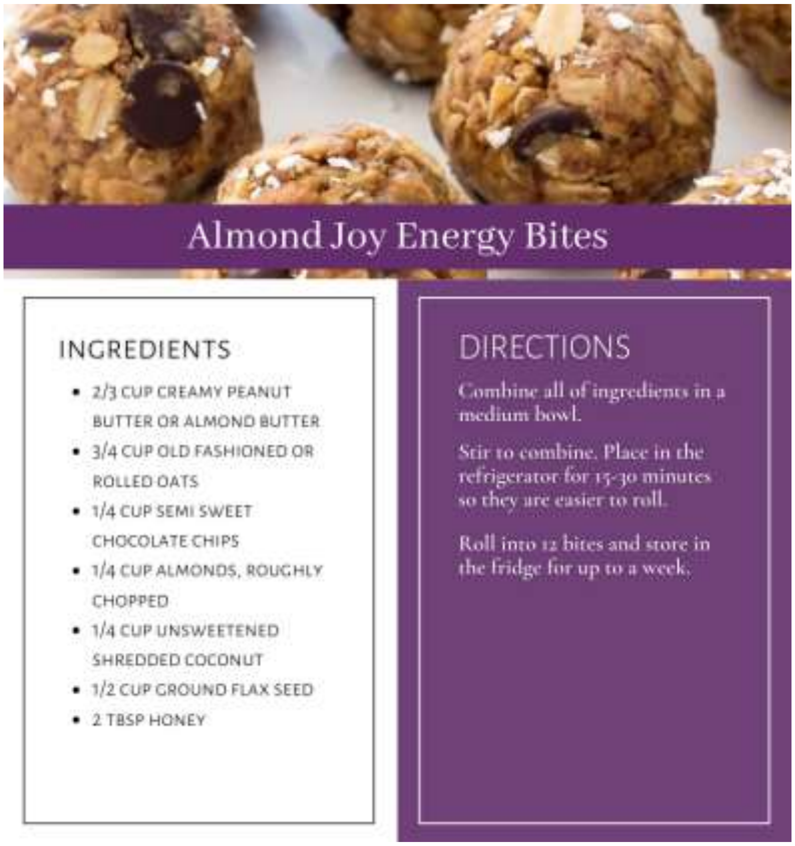
While I was in the hospital I was bored of watching Netflix every day and started to look for something to do during my stay. I picked up making beaded jewelry and it quickly turned into a creative outlet for me in a hard time. When I got out of the hospital I wanted to make sure something good came from my experiences so I started my own small jewelry business Haley Made Shop. This past year has been a whirlwind of doctor appointments, learning how to be an entrepreneur, and navigating how to live a life with lupus. The Haley Made Shop has been successful for me in terms of a creative and positive outcome of my diagnosis and has allowed me to share part of my lupus journey through my social media for my business. My goal is to bring color and happiness through the products I create.

May is a special month for me for three reasons. It marks a year since me being diagnosed with lupus, it is the one-year anniversary of Haley Made, as well as Lupus Awareness Month. Therefore, this May I thought it would be special to create a jewelry collection in support of this amazing community. I designed, handmade, and packaged every single piece with love. My goal is to raise awareness for lupus and I would like to donate 30% of my profits to Lupus Canada. The collection is very limited and will be available for the entire month of May.

Thank you for listening to my story. Even though I've been part of this community for a short time, it never ceases to amaze me.

For more information on the collaboration with Haley Made please refer to the collaboration section noted above.

RECIPES



Almond Joy Energy Bites

INGREDIENTS

- 2/3 CUP CREAMY PEANUT BUTTER OR ALMOND BUTTER
- 3/4 CUP OLD FASHIONED OR ROLLED OATS
- 1/4 CUP SEMI SWEET CHOCOLATE CHIPS
- 1/4 CUP ALMONDS, ROUGHLY CHOPPED
- 1/4 CUP UNSWEETENED SHREDDED COCONUT
- 1/2 CUP GROUND FLAX SEED
- 2 TBSP HONEY

DIRECTIONS

Combine all of ingredients in a medium bowl.

Stir to combine. Place in the refrigerator for 15-30 minutes so they are easier to roll.

Roll into 12 bites and store in the fridge for up to a week.

The recipes used by Lupus Canada have been reviewed and approved by Heather Penney, Registered Dietitian.

Source: https://chefsavvy.com/almond-joy-energy-bites/

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Working together to conquer lupus

Lupus Canada

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