

What is your lupus story? We'd love to hear it. Send us your thoughts and experiences to be featured in Lupus Canada's national monthly e-newsletter. Email your stories to leanne.mielczarek@lupuscanada.org



Toll Free: 1-800-661-1468



Greetings, Hello April!

With the freshness of spring comes a chance for renewal and acceptance of life. Living life with lupus and controlling the disease is not always easy, but we can adjust better to this lifelong challenge by learning all we can about the condition.

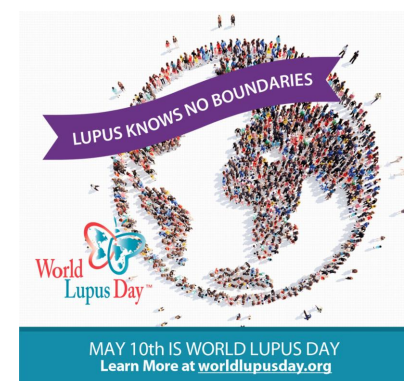
April is the time when the sound of youthful laughter comes alive in parks across the country after the long winter of hibernation. Children and Lupus is the topic of Lupus Canada's informational video this month. Remember to watch it on the 15th!

LUPUS CANADA APRIL 2016 NEWSLETTER

WORLD LUPUS DAY 2016!

World Lupus Day is next month! Many lupus groups around the world will conduct activities and events as part of this observance.

For more information on World Lupus Day please visit www.worldlupusday.org



MONEY, LUPUS, AND GOVERNMENT RESOURCES

Are you ready? It's the most exciting time of the year! April is the month when your tax returns need to be filed! This is a good time to talk about money and prepare for a secure financial future with your chronic disease.

[Read More](#)

WEIGHT TRAINING FOR EVERYONE!

As your bones begin to thaw after a season of deep freeze, why not try some weight training? Don't be alarmed at the name - it won't leave you looking like the Terminator. Studies have shown that there is a positive relationship between resistance training and bone density, and may even influence risks for osteoporosis (a condition where the bone gets fragile and brittle) by improving strength and balance and increased muscle mass.

[Read More](#)

APRIL RECIPES

The best thing you can do for your body and Lupus is to follow a healthy lifestyle. When it comes to diet, eat naturally anti-inflammatory foods like fatty cold-water fish, fresh fruits and vegetables, nuts and seeds, fish oils, and drink lots of fresh, clean water.



Lemon-Lime Guacamole

This is a bright, fun and refreshing way to eat heart-healthy avocados. Cumin is a spice native of the east Mediterranean, where it is used as a traditional medicinal plant.

INGREDIENTS

2 whole avocados, diced and mashed
¼ cup red onion, diced
1 jalapeno pepper, diced
2 large garlic cloves, diced
¼ cup fresh cilantro, diced
¼-1/2 cup cherry tomatoes, diced (use however much you like)
1-2 teaspoon sea salt
1 teaspoon ground cumin
juice of 1 lime
juice of 1 lemon
dash of cayenne (to taste)
fresh ground black pepper

INSTRUCTIONS

Combine all ingredients (that have already been finely chopped/diced), into a large mixing bowl.

Stir in all the ingredients and mix until your desired consistency is achieved.

You can leave the guacamole more "chunky" if you like, which requires less stirring and mashing.

Source:

<http://nutritionstripped.com/lemon-lime-guacamole/>

Visit LupusCanada.org Watch our Latest Video Let's Talk Lupus First Appointment

[Ways To Donate](#) [Lupus Canada](#) [Butterfly Campaign](#) [Wish To Subscribe?](#)

Leanne Mielczarek
Manager, National Operations
Email: leanne.mielczarek@lupuscanada.org

Working together to conquer lupus

STAY CONNECTED:



[Un-Subscribe](#)

© Copyright 2016, [Lupus Canada.org](http://LupusCanada.org)

Lupus Canada, 3555 14th Avenue, Unit #14, Markham, Ontario L3R 0H5 Canada

[SafeUnsubscribe™ {recipient's email}](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by leanne.mielczarek@lupuscanada.org in collaboration with

Constant Contact 

Try it free today

