

North Carolina/Raleigh Chapter Vasculitis Support Group Meeting



Saturday, April 7, 2018

UNC Wellness Center at Meadowmont in Chapel Hill
100 Sprunt Street
Chapel Hill, North Carolina 27517

Morning

9:30 – 10:00
10:00 – 10:15
10:15 – 11:00

Registration, Coffee and Conversation

Welcome and Introductions

William Frey

Bringing Mindfulness to Vasculitis

William Frey works as an Organization & Professional Development consultant at UNC, teaching classes for University employees, offering workplace coaching, conducting internal consulting, and coordinating leader development. He has served as an instructor of Mindfulness-Based Stress Reduction for the UNC School of Medicine for over 17 years and co-authored research papers on mindfulness. He is the author of the monthly blog *Stress Tips* and the book *Ease into Freedom: Keys for Reducing Stress and Unlocking Your Potential*. Will is a certified professional co-active coach and holds a master's degree in education. His presentation will be followed by discussion and questions

11:00 – 11:15

Break

11:15 – 12:00

Will Frey (continued)

12:00 – 12:05

Announcements

12:05 – 12:45

Lunch

12:45 – 1:00

Brandon Hudgins, Vasculitis Foundation Ambassador

1:00 - 2:00

Small Group Discussions – Time to talk in small groups with peers

- *Women patients*
- *Men patients*
- *Family members and friends*
- *Fitness Break Out Session, led by Brandon Hudgins*– open to everyone

Questions ??

Jill Powell: Administrator - Vasculitis Support Group

jill_powell@med.unc.edu

919-445-2618

Mary Zimmerman: Chapter Contact
maryzim0206@gmail.com
919-946-2083

Kristen Dill: Interim Leader
kristendill@icloud.com
919-345-6945

Directions to UNC Wellness Center at Meadowmont 100 Sprunt Street, Chapel Hill, NC

From RDU Airport, Raleigh and Points East

Via I-40 West: Exit to NC-54 west at exit 273B. Continue 2.3 miles. Turn right onto Meadowmont Lane, then left onto Sprunt Street. The UNC Wellness Center will be on your right.

From Durham

Via U.S. 147 south and I-40 west. Follow 147 south / I-40 west to NC-54 west; exit 273B. Continue 2.3 miles. Turn right onto Meadowmont Lane, then left onto Sprunt Street. The UNC Wellness Center will be on your right.

From I-85 (Hillsborough)

Via I-85: To I-40 east, exit 273 onto NC 54. Continue 2.3 miles. Turn right onto Meadowmont Lane, then left onto Sprunt Street. Turn right onto Meadowmont Lane, then left onto Sprunt Street. The UNC Wellness Center will be on your right.

Parking lots are to the left and back of the Wellness Center.

The classrooms we are using are on the first floor. When you enter the Wellness Center, go straight down the hallway to the left of the desk to the end, or ask the front desk for assistance.

Following is a google maps link. You may click on this and expand to see as large an area as you need to reference.

<https://www.google.com/maps/place/UNC+Wellness+Center+at+Meadowmont/@35.908014,-79.027508,14z>

There are also detailed directions and location maps on the UNC Wellness Website: UNCwellness.com/Meadowmont/

Note: The NC/Raleigh Support Group has discontinued sending hard copy mailings for cost saving reasons. We rely on email announcements and internet postings to notify the group about meetings. If you are not currently on the NC support group email list, you may enroll by sending your name and email address to jill_powell@med.unc.edu. If you have a situation that requires that you receive a hard copy, you may call toll free 1-866-462-9371 and leave a message on the patient line with your name, address and a request to receive a mailed hard copy of the Vasculitis Support Group meeting notices.

Registration Information
Saturday, April 7, 2018 Vasculitis Support Group Meeting

Registration is \$15.00 per person.

Please email our support group volunteer, John Wall, jwall26@gmail.com and indicate the # and names of people attending.

Please bring cash or check for your registration fees to the meeting.

Checks may be made payable to: **NC Medical Foundation.**

Please email John Wall jwall26@gmail.com if any of your contact information has changed.

For registration questions: John Wall jwall26@gmail.com or Donna Wall tkdonna@gmail.com
919-761-8826