This professional development provides an overview of the chronic illness Systemic lupus erythematosus (SLE), a condition in which the immune system mistakenly attacks normal, healthy tissues including the skin, joints, kidneys and lining of the heart and lungs, causing ongoing inflammation and pain. This presentation will give you an understanding about the invisible illness, Lupus.

Due to the unpredictability of the disease and the potential risk for severe organ involvement, exercise prescription requires different considerations to allow for health benefits and for safety. We will explore the role of exercise in SLE patients and the ways it can manage the most common symptoms and improve a person’s quality of life. Exercise is especially important for people with lupus however, unsupervised exercise or too much exercise, too fast, can harm their health. Learn what to look for through case studies, to prescribe the ‘just right’ program for your client.

**Presented by Stephanie Frade BAppSci (Ex.Sci) & M.ExPhys**

Stephanie is enthusiastic and passionate about holistic health and exercise. She has completed a Bachelor degree in Exercise Science and Masters degree in Exercise Physiology at the Australian catholic university (ACU) and is a trained Pilates instructor. She has worked with private musculoskeletal patients as an Exercise Physiologist and has taught both group and private clinical Pilates. She is currently working as an educational tutor at the Australian catholic university teaching 1st and 2nd year Exercise Science students, working as an Exercise Physiologist at Bodyfocus physiotherapy and instructing group Pilates classes in several locations. Stephanie has also had clinical experience in delivering exercise to patients with diabetes, cardiopulmonary disease, cerebral palsy, and spinal cord injury.

Stephanie has a special interest in auto-immune disease and exercise and is continuously finding current research in this field to educate others and help improve the quality of life of these patients. Not only is Stephanie an expert in this area through her education history and continuing research but she also has personal experience in living with systemic lupus herself.

**Costs per person**

- ESSA Member: $30.00
- Non-Member: $50.00
- ESSA Student Member: $15.00
- Student Non-Member: $25.00

Registration is now available online or via the manual form attached. Places are limited. Registration closes at 11:00am AEDT, Friday, 10 November 2017.

**Important Information**

**Target Audience:** Any Accredited Exercise Physiologist  
**When:** Friday, 10 November 2017 at 12:00pm – 1:30pm AEDT  
**Link:** Information to access the webinar will be forwarded to you within your registration confirmation email.

**Audience Disclaimer:** All accredited persons, regardless of any professional development completed/attended must refer to their accreditation’s Scope of Practice/Standards, and only treat/practice within the same.
Manual Registration Form

Online registration is available at ESSA Professional Development Centre
Once completed, please return to ESSA at education@essa.org.au or fax 07 3318 7666
One form per person

Systemic Lupus Erythematosus & Exercise webinar
Friday, 10 November 2017

Title: _____ First Name: __________ Surname: ___________ ESSA #: ________
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Registration Fees
ESSA Member: Applicable to all current financial ESSA members.
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ESSA PD Voucher: Applicable to current financial ESSA members. 1 voucher only allowable per member for the duration of 2017. If this option is selected, however not applicable, your registration fee will be amended to the applicable fee, and a tax invoice will be forwarded. Registration is not confirmed until payment is received by ESSA.

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Payment Policy
Professional Development must be fully paid before registration is confirmed.
- Payment can be made via cheque, direct deposit or credit card (Visa and MasterCard only)
- All payment made via credit card will incur non-refundable 1.5% merchant fee

Cancellation Policy
If you wish to cancel to registration to any course, written notice must be provided to ESSA at education@essa.org.au. Cancellation fees are below (based on the day of written notification):
- 15 days prior to webinar: Full refund provided
- 14 – 4 days prior to webinar: 25% of your registration fee
- 3 – 0 days prior to webinar: 100% of registration

Substitution Policy
Substitutes/Replacements are welcome. A minimum of 3 working days’ notice is required providing full details of substitute attendee. Please forward information to education@essa.org.au

Registration Numbers
All of ESSAs professional development have a strict maximum number. Once this number is reached, no further registrations will be accepted. A waitlist will be offered if this occurs.

If insufficient registrations are reached ESSA reserve the right to cancel any course and 100% of your registration fee will be returned. ESSA take no responsibility for any additional costs incurred by the delegate.

Contact Information
If you have any queries, please contact ESSA at education@essa.org.au

Correct at time of printing: 10 October 2017