

## Northern, Virginia Teen/Young Adult JA Family Day Tentative Agenda

**11:30- 12:00** Lunch and Welcome

- a. Introduce Arthritis Foundation, share upcoming events and JA Resources
- b. Families introduce themselves
- c. Introduce Doctors

**12:00- 12:25** "Transition of Care", Dr. Bitra Arabshahi

**12:25- 12:50** "Basic Principles of JIA Treatment", Dr. Emily Way

*12:25-12:50 Kids Yoga Class*

**12:50-1:00** Break

**1:00- 1:30** Interactive Discussion and Group Activities

*1:00- 1:30 Kids Yoga Class*

**1:30- 1:50** Teen Discussions, Moderated by Abby Piccard

**1:50- 2:30** *Yoga for Arthritis*, Steffany Moonaz and Jennifer Daks

- a. JIA Research and Yoga
- b. Young Adult and Parent Yoga Demonstration

Conclusion and Evaluation