

HETLENA JOHNSON

The Lupus Liar

“Education is not a chore, it’s a demand!”



AUTHOR

Diagnosed during her high school years, Hetlena decided to keep a personal diary of her confusion, fear, and challenges associated with being diagnosed with Lupus. Lupus, also known as Systemic Lupus Erythematosus (SLE), is a disease that can affect many different body systems, including the joints, skin, kidneys, blood, cells, heart, and lungs. While research continues to be done on finding a cure for Lupus, Hetlena forges ahead writing about her life while living with the disease.

SPEAKER



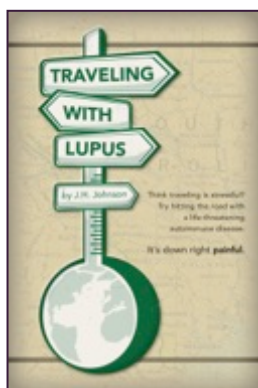
Hetlena Johnson is a recognized speaker, trainer, and author.

She holds an Educational Specialist Degree Computing in Technology in Education.

Hetlena specializes in delivering dynamic and energetic motivational experiences.

Her technology cheerleader appeal has graced such stages TEDxDENVER and numerous state-held education conferences.

Find Books and Resources at www.TheLupusLiar.com



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Topics:

Workshops

I Want Money

A workshop that moves to the beat of the youth diagnosed with Lupus on how to make managing money fun and engaging.

Using Digital Technology to Manage Lupus

Keeping up with Lupus can be a pain, so why not use reputable technology resources to manage your Lupus.

Lupus Lies and the Internet

What's right? What's wrong? How do you really know what that 'doctor' wrote online is on-track?



Joining the Virtual Lupus Loop

Using the Internet for personal Lupus research can be impractical and raise impatience. How can you make sense out of lofty Lupus jargon you find online?

Lupus Costs Money, What Am I Worth?

Learn tips on how to manage Lupus and money from a patient's point of view, because Lupus patients' pockets don't run deep!

What I Don't Know About Lupus Will Hurt Me

Lupus may run through your veins, but that doesn't mean you don't pain to learn more about what others are battling while battling Lupus. Learn more Lupus, and live better without fear!

Traveling With Lupus

Although it can be hard to put an ID tag on traveling with Lupus, there is a way to pack the fears, trials, and turmoil in a plastic storage bag and stuff it!



Community Presentations

Questions and Answers on Lupus

Hetlena is most requested to participate in several community events throughout the South to provide information on Lupus and how it affects the body. From church groups, conferences, to state-wide sponsored expos, no voice is too insignificant for sharing Lupus awareness.

The Development of a South Carolina Lupus Registry: Roundtable

Hetlena, along with the Deputy Director for Research and Sustainability, Institute for Partnerships to Eliminate Health Disparities, Arnold School of Public Health of the University of South Carolina, wrote and administered a grant to start the development of a Lupus registry in the state of South Carolina. She explains the importance of grass-roots efforts to involve concerned members in the fight towards finding a cure for Lupus.

Your Lupus Ethos

Family and friends of Lupus patients need to understand how to communicate their feelings and concerns. Hetlena expresses how everyday life of living with Lupus can be less stressful if you set your mind to take the most reasonable approach when dealing with your present situation.



Contact Hetlena Today!

803-397-5046

thelupusliar@gmail.com

www.thelupusliar.com