







Allergy Act Retreat x Queen's University Belfast **EDUCATE | EMPOWER | CONNECT**

Ready to Overcome Allergy Challenges & Reclaim Control?

 Tired of feeling overwhelmed by the constant challenges posed by allergies? You're not alone.


 There's no survival guide on how to live with allergies, much of our own learning about our condition is through trial and error and adapting our lives to protect ourselves. We understand the burden that living with allergies can be for individuals and their families. The daily challenges individuals and families face can impact their health and well-being. It's a weight that can feel overwhelming, financially and emotionally and limit social life, education opportunities, career prospects and life experiences if you let it.


 Allergy Act are on a mission to change that by offering the first ever **Allergy Retreat** on the island of Ireland in collaboration with Queen's University Belfast.

We're excited to provide a unique and informative educational experience, featuring expert speakers including  Healthcare Professionals |  Psychologists |  Patient advocates


  **WHO?** Parents/Caregivers & Children


 **WHEN?** 18th November 2023 10am-3pm


 **WHERE?** Queen's University Belfast


 **WHY?** We're hosting this event to address the pressing need for increased awareness and support for families dealing with allergies. With allergies on the rise, it's crucial to provide **education, resources, and support** for those affected.


Here's what you can expect on the day:


 Allergy Awareness, Education & Updated Guidelines - Stay up-to-date with the latest insights and guidelines in the world of allergies.

 Allergy Management Skills - Learn valuable skills to effectively manage allergies during school/work, traveling, eating out and more

 Emotional Support and Coping Strategies - Discover strategies to handle the emotional aspects of living with allergies and connect with a supportive community.

 Self-Advocacy and Empowerment - Gain the tools to advocate for yourself and empower your journey toward allergy management.

 Our goal is to **empower individuals and families** with the knowledge and tools to manage allergies effectively and improve their overall quality of life.

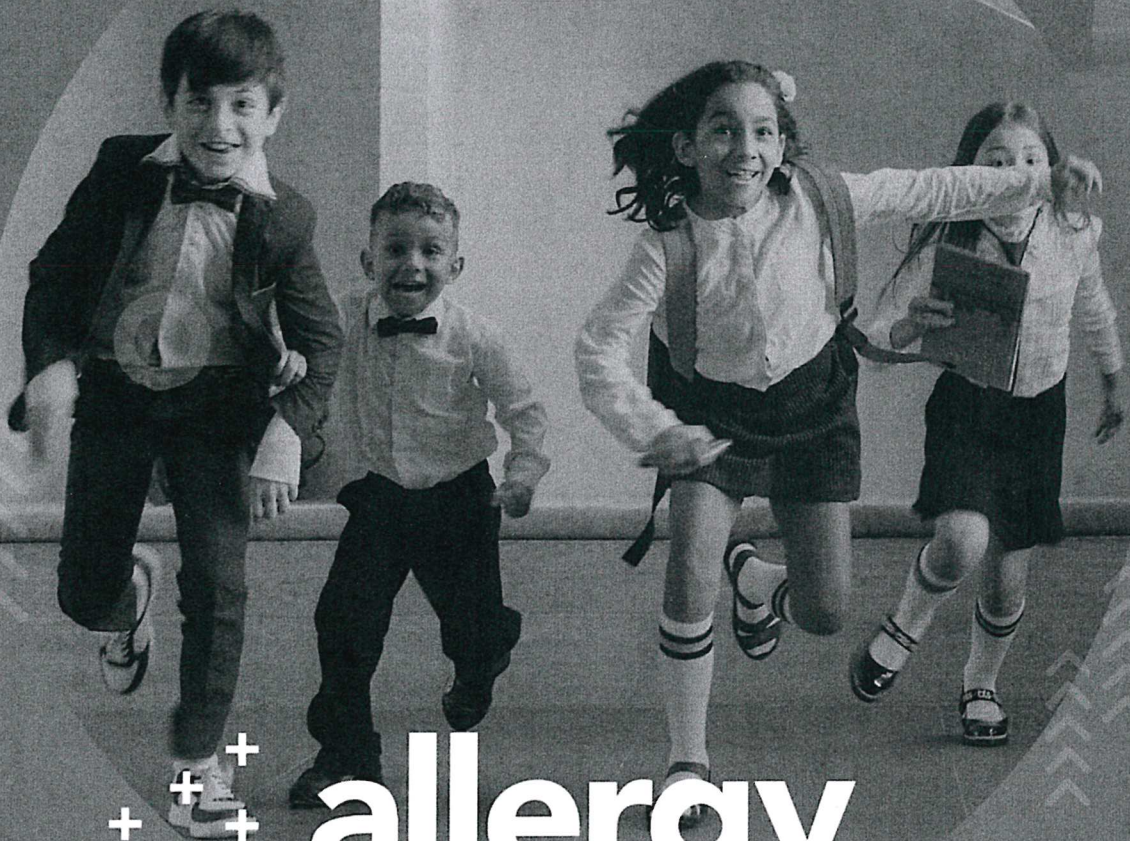
If you think this may be beneficial for you, a family member or a friend, please feel free to sign up to secure your spot 

<https://www.eventbrite.com/e/allergy-retreat-tickets-719183044847?aff=oddttdtcreator>



QUEEN'S
UNIVERSITY
BELFAST

Empower Your Child with Allergy Education



**allergy
act** retreat.

**Kids Workshop
&
Adult Masterclass**



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