



SAMPLE SCHEDULE

**Subject to change*

August 20 - August 22, 2026 | Ottawa, ON

Thursday, August 20th

7:00am - 8:00am	Registration		
8:00am - 10:00am	Breakfast		
10:15am - 11:00am	Your Scleroderma Care Team: Who They are and When to See Them	Scleroderma 101: What it is, Types, & Symptoms	Working With Your Doctor to Optimize Your Health and Well-Being
11:15am - 12:00pm	Natropathy	Medications Explained: Immunosuppressants, Biologics, Vasodilators	Tech Tips for Healthy Wellbeing
12:15pm - 1:00pm	Marketplace/Abstracts		
1:00pm - 2:00pm	Lunch		
2:15pm - 3:00pm	Patient Panel	Caregiver Panel	Teeth & Scleroderma
3:15pm - 4:00pm			Managing Emergencies
4:15pm - 5:00pm	Art Therapy	Gentle Movement/Adaptive Exercise	Emotional First Aid: Coping with a Chronic Illness
7:00pm - 9:00pm	Opening Remarks/Sit Down Dinner/Awards		



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Friday, August 21

8:30am - 9:30am	Breakfast		
9:30am - 10:15am	Intimacy & Scleroderma	Scleroderma Canada: Advocacy	CME
10:30am - 11:15am	Teeth & Scleroderma	Scleroderma Canada: Fundraising	
11:30am - 12:15pm	Ask an Expert Panel		
12:15pm - 1:15pm	Lunch		
1:30pm - 2:15pm	Pulmonary Issues in Scleroderma	Becoming a Support Group Leader	
2:30pm - 3:15pm	GI Complications with Scleroderma	Understanding Chronic Pain	Dermatological Solutions
3:30pm - 4:30pm	Keynote		
6:30pm onwards	Dinner on Your Own		



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Saturday, August 22

7:30am - 8:45am	Breakfast and Marketplace		
9:00am - 9:45am	Fatigue Research Update	Managing Emergencies	Scleroderma & Healthy Eating
10:00am - 10:45am	Research Update	Cardiac/Renal Involvement in Scleroderma	Intimacy & Scleroderma
11:00am - 12:00pm	Keynote: Why Patient Engagement Matters		
12:00pm - 1:00pm	Lunch		
1:15pm - 2:00pm	Lungs: PAH	Research Update: Lungs ILD	GI Complications With Scleroderma
2:15pm - 3:00pm	Women’s Health in Scleroderma	Research Update	Taking Care of Others While Taking Care of Yourself
3:15pm - 4:00pm	Dermatological Impact of Scleroderma	Research Update	Morphea
4:15pm - 5:00pm	Regional Support Group Meetings/Caregiver Support Group Meetings		
5:00pm onwards	Cruise on the Ottawa River		