

What is alopecia areata?

It's an autoimmune skin disease that causes hair loss, often in patches on the scalp and elsewhere on the body. For some people, these bald patches appear suddenly, and then the hair grows back. For others, the condition creates total baldness, including eyebrows and eyelashes. Alopecia areata can affect both sexes at any age. So far, there's no known cure.

"Women try desperately to hide their hair loss," says Thea. "Family and friends mean well, but they don't truly understand the challenges." That's where Bald Girls Do Lunch® comes in. It's the only organization created specifically for women with alopecia areata.

Bald Girls fosters choice by acting as a catalyst.



Thea Chassin,
*founder and president,
Bald Girls Do Lunch®*

Thea Chassin permanently lost nearly all of her hair in 1997 due to alopecia areata. One of her solutions was going bald. She also made another life-changing decision: helping women deal with the ongoing challenges of alopecia areata. She began using her physical therapist training to bond over lunch with women who have the condition. From those healing discussions, Bald Girls Do Lunch® was born.

No woman with alopecia areata should feel alone, Thea believes. A keen listener and educator, Thea understands the effect that this condition has on women's self-esteem. She offers creative, proactive advice to help women explore their options. Thea's mission is now to speed the acceptance of a changing self-image that can be painful or confusing.



www.baldgirlsdo lunch.org

e. info@baldgirlsdo lunch.org

p. 914.584.7662

How are you
nurturing
your
self-image?



Bald Girls Do Lunch® is here to help you. Its core mission as a nonprofit is giving you inspiring tools to deal successfully with the effects of the autoimmune disease alopecia areata.

Women meet for fun and fellowship over a tasty lunch. Lead by Bald Girls founder Thea Chassin, these lunches break isolation and shame. They are also lively strategy sessions that act as gentle catalysts to speed self-acceptance. Being in control is the key to living successfully, Thea believes.

Bald Girls puts women back in the driver's seat.

These lunches bring you into a healing circle that renews and redefines your sense of self. With wit and wisdom, Bald Girls Do Lunch® founder Thea Chassin gives you many options for living with alopecia areata. At regional meetings, women brainstorm about good local resources for finding wigs, stylists, and make-up artists. "Hiding is debilitating," she says.

You can leave with wide-ranging tools to:

- 🌱 Work through feelings of shame and embarrassment over hair loss.
- 🌱 Break through feelings of aloneness.
- 🌱 Build self-acceptance by taking empowering actions.
- 🌱 Discuss the condition openly with supportive people.
- 🌱 Talk to others who don't have alopecia areata about living with the condition.
- 🌱 Explore options for your hair or your bald look.

Bald Girls Do Lunch® is a movement that's gaining speed nationally. But, we need your help to reach even more women. Your contributions bring empowering options to women who are struggling with the effects of alopecia areata.

Every contribution counts, no matter how small. All proceeds go to creating programs for women with alopecia areata. Please give what you can, so that we can continue making a difference.

Contribution Amounts:

____ \$25 ____ \$50 ____ \$100 ____ \$150
____ \$250 ____ Other

Name: _____

Address: _____

City: _____ State: ____ Zip: _____

Phone: _____

Email: _____

Make your contribution payable to Bald Girls Do Lunch®. Return it, along with this form, to:

**P.O. Box 9122
Scarborough, NY 10510**

You can also make contributions online at www.baldgirlsdolunch.org. While you're there, don't forget to sign-up for our periodic updates.

Bald Girls Do Lunch® is a public charity, 501(c)(3). The Federal Tax ID# is 20-8649864. Donations to Bald Girls Do Lunch® are tax deductible to the fullest extent allowable under the law.

