

# It's a new year, so **Let's Talk**

**This exciting webinar series developed and hosted by Drs. Angela Rodgers and Renee Thomason, two family physicians with alopecia areata, is only just getting started.**

## **Here's what we'll be talking about in 2021...**

- Autoimmune health
- Cultural aspects of alopecia areata
- Dating, relationships and jobs
- Black History Month and alopecia areata

## **We'll also be hosting special sessions for...**

- Men with alopecia areata
- Caregivers of children with alopecia areata
- Legislative Liaisons with alopecia areata

## **And we'll be holding exclusive events like...**

- Paint night
- Special fundraiser
- Session with members of NAAF's Board of Directors

**"Let's Talk" is a webinar series created by two family medicine physicians who identify as women of color. The goal of the series is to provide women with support and resources related to the challenges and lifelong journey of living with alopecia with a focus on the psychosocial impact and prioritizing wellness. We celebrate the diversity of women from all cultures, identities, and lived experiences and recognize that although we do share the common thread of alopecia, our experiences may differ based on our background and that is what makes our community special. This is a sisterhood that offers belonging, cultural humility and real conversations on difficult topics.**



**Dr. Angela Rodgers** has 30 years of experience living with alopecia areata, with 10 of those years experiencing life as a bald woman in public. She has served as a consultant for the National Alopecia Areata Foundation (NAAF) and helped create their Health and

Research Ambassador (HARA) Program which advocates for educating and addressing the psychosocial aspect of medical hair loss in clinical and pharmaceutical spaces. Dr. Rodgers has served as the Sacramento, California Alopecia Support Group Leader for almost 10 years. She is board certified in Family Medicine and currently works full time in the emergency department on the front line of the COVID-19 pandemic serving historically underserved communities. Dr. Rodgers is the first in her family to become a physician. She enjoys spending time with family, yoga, mentoring, music, dance, and advocating for one's self for a more fulfilling life.



**Dr. Yolandas Renee Thomason** is a Board-Certified Family Medicine Physician, Alopecia Advocate, a Positive Psychology Coach, and founder of Thomason Consulting, LLC. Dr. Thomason was diagnosed with

alopecia areata at the age of 8 years old. She has discovered through her own journey how best to keep a wholesome mind and a resilient spirit. Her journey as an alopecia advocate is motivated by her personal experiences. To help others like herself, she delved into studying mindfulness and strength-based practices. Added to being a first-generation college graduate, first physician in the family, and a single mom, she had to discover how navigate the different obstacles in life, and the importance of building resilience, the beauty of self-acceptance, and the joy of being her true authentic self.