

**Full Title of Talk:**

**Full name:**

**Email:**

**Phone:**

**Company/Organization Name:**

**Abstract (up to 300 words):** Stress reduces the immune system's ability to protect the body from disease and influences mental health and functioning. Of the three identified types of stress (acute, chronic, and distant) those who are chronically stressed are most likely to experience less than optimal immune function and thus, increased incidence of illness. The experience of a chronic disease, especially an autoimmune disease such as rheumatoid arthritis, further impairs the HPA axis stress response and exacerbates symptoms of pain. Using stress management strategies has been shown to improve immune functioning, coping, and improve mental and physical health. The purpose of this exploratory study is to examine and compare the efficacy of stress management treatment intervention for two groups of women. One group will be those experiencing the chronic stress associated with rheumatoid arthritis, and the other, a comparison group of healthy women who are experiencing normal life stressors. A total n of 60 women will attend 4 weekly stress management training sessions that will include education and opportunities to practice and integrate techniques into their lives. Four series of classes will be offered with each series of classes accommodating approximately 20 participants.

**Biography (upto 100 words)**

Rima Rafeh is recognized as a leading Real Estate Broker in the Greater Los Angeles area, distinguished among others with a wide array of experience in both residential and commercial real estate. As an active REALTOR® since 2007 and team leader of The Rafeh Group brokered by eXp Realty, Rima prides herself on her extensive market expertise and unmatched devotion to clients. Rima is consistently ranked among the top 1% of real estate professionals in the region, with expertise directly translating to more than \$7000,000,000 in sales within the local market. The Rafeh Group brokered by eXp Realty shares her passion for perfection and adoption of innovation to deliver both real-world results and an enjoyable experience. Rima is the co-author of the #1 Amazon seller the book of women who boss up in Real Estate, Rima was also recently feature in a tv show about Real Estate and Financing the American dream that was featured on Bloomberg As an avid runner and cyclist, Rima continuously supports worthy causes and nonprofit organizations. Most notably, her philanthropic efforts have included running multiple marathons and participating in a 550-mile bicycle ride from San Francisco to Los Angeles. Beyond leading an active lifestyle and a renowned team of professionals, her greatest accomplishment is being a devoted mother of 3 and living life to the fullest with passion and purpose

**Abstract Submission/Speaker Guidelines**

**Abstract Word Limit:**

upto 300 words | Biography Word Limit: 75 to 100 words Speaker

Talk : 20 minutes + 5 min Questionaries |

Conference Starting Time: 8:30 AM

Conference Ending Time: 6:00 PM |

Coffee Break: 10:00 AM

Lunch Break: 13:00-14:00 | Networking Session: 16:-16:30

Number of Hrs of the Conference session/ day:  $\simeq$  8hrs.

Presentation Format: PPT/PDF Number of Slides: 15-20 Slides