



Losing your hair is not easy to cope with, especially if you're a woman.

You can feel unattractive, ashamed and isolated. For the millions of women around the world who have **alopecia areata**, an autoimmune skin disease which stops the normal growth of hair, daily coping can be a struggle.

That's where **Bald Girls Do Lunch**® comes in.

Bald Girls Do Lunch (BGDL) is a nonprofit organization that brings women together at lunches, dinners and events to meet others who are living with alopecia areata, often for the first time in their lives. The events are lively, informative and full of interaction, and women leave feeling inspired, connected and more confident than ever.

Life is so much better when you truly accept yourself.

Since 2007, Bald Girls Do Lunch has held events in 35 cities in 16 states and the District of Columbia, connecting women and improving lives in countless ways. Each day we try to reach more women in more locations so we can:

Founder **Thea Chassin** found out she had alopecia areata universalis in 1997.



Almost immediately she became a passionate, articulate role model for women with the disease. She is interviewed regularly by the media and has extensive experience as a support group leader. After years of advocacy work, one day she realized what had been missing all along:

"I looked at the names of so many women I'd met with alopecia areata who were in my address book and thought, 'Ladies...we're doing lunch.'"

- Help women with alopecia areata discover there are others like them in their own neighborhoods, towns and cities.
- Get women out of hiding.
- Give women tools and strategies to explore options (like using wigs, hats, scarves, or going bald) and reduce shame.
- Give women a forum for sharing their own experiences and ideas.
- Offer suggestions on how to talk about this disease to people who don't have it.
- Build strong and vibrant networks locally and nationally, so women can keep in touch and build lasting friendships.

Get involved today. Here's how:

1. Join our [list](#).
2. Check our calendar for upcoming events. If there's not one near you, call us at 800-578-5332 with your request.
3. Send us [ideas](#). We are open and eager to hear from you.
4. [Donate](#) to our 501(c)(3). Your tax-deductible gift helps us reach more women faster!

Please visit our website at www.baldgirlsdolunch.org for more information about our program, our results and what women all across the country are saying about the power of knowing "someone like me."