



# The Compass to Care MS Educational Series Reaching Rural America Project

An educational program focused on empowerment through understanding the many aspects of living well with MS

Program Supported By:



MS Views and News invites you to an informative educational program:

### Special Guest Speakers:

**Jeanie Cote, MD, Neurologist –**

Memorial Institute for Neurosciences and Multiple Sclerosis



#### To Discuss:

- Wellness in MS: Nutrition, Weight management including ways to prevent muscle degradation, Exercise
- Learning about NEDA and PIRA
- Plus a look at future MS treatment options

40-minute discussion plus a 30-minute Q&A

And

**Mindy Eisenberg, MHSA, E-RYT-500, C-IAYT,**

Qualified MBSR Teacher, Yoga Instructor and Therapist

Healthy lifestyle choices -An introduction to adaptive yoga at any level, An interactive audience experience, understanding research and benefits of Yoga for MS



30-minute discussion followed by a 10-minute Q&A

**Date: Wednesday, August 21, 2024**

5:40pm – Registration (Check-in)

6:30pm – Program Begins

Complimentary Dinner

**Location: FLINT GOLF CLUB**

**3100 Lakewood Drive, Flint, Michigan 48507**

For In-person registration Please (RSVP) Online [www.events.msvn.org](http://www.events.msvn.org)

If you do not have internet, please call (888) 871-1664 - Ext 105

**No Walk-ins will be permitted** (as an advanced headcount is needed)

Exhibitors:



Program provided by MS Views and News, a 501C3 not for profit organization  
**MS Views and News is MAKING a Positive IMPACT** on those affected by Multiple Sclerosis