



MS Views and News Invites You to:

THE 2025 MS WELLNESS SUMMIT

Doors Open at 10:45am -- Program Begins at 11:40am

RSVP



Bringing Wellness Into Your Life

"MS is always there but it does not define me"

The MS Wellness Summit was developed with this important message in mind. Today more than ever there is research and new evidence supporting that practicing different avenues of wellness can improve how a person feels daily. We hope this event brings you new ideas, inspiration, and resources that can help improve your health and wellness.

A Special Event Focused on Wellness for People Living with MS

11:40am ET – Program Begins with Stuart’s Introductions

11:45am ET - Taking charge of Your Wellness with Mindful Self-Compassion resources -]

Presented by: Patricia Isis, PhD

30 min presentation plus 10 min Q&A

12:25pm ET - Is it Sadness or Clinical Depression with MS? Let’s Talk About It

Presented by: Rick Harris, PsyD Psychologist

30 min presentation plus 15 min Q&A

1:15pm ET - Integrative Medicine – Holistic and Complementary Therapies

TOPICS: Complimentary Wellness, Nutrition, exercise, sleep and mindfulness to achieve wellness

Presented by: Ashwin Mehta, MD - Integrative medicine specialist

35 min presentation + 20 min Q&A

2:15pm ET - MS101 – The Basics –

Topics: Making shared decisions about your health. Plus, learning about Newest MS treatment options including biosimilars, BTK Inhibitors and potential Car-T Cell Therapy

Presented by: Flavia Nelson, MD – Chair of Neurology, Director, Multiple Sclerosis Center of Excellence

35 min presentation plus 30 min Q&A

PROGRAM Date: Saturday, March 8, 2024

10:45am ET – Registration ** - 11:40am ET – Program Begins

Complimentary Lunch to be served during the program

Location: 94th Aero Squadron Restaurant

1395 N.W. 57th Avenue, Miami

PLEASE Register (RSVP) Online <https://msviewsandnews.org/in-person-events/>

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

No Walk-ins will be permitted – all guests must be registered in advance of event.

Program supported by:



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