



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"

2025 MS Wellness Supported by: **NOVARTIS** and **sanofi**

March MS Awareness Month

THIS IS 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

25 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 + 25 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

DATE: MARCH 8th, 2025

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

Program Location: 94th Aero Squadron

1395 NW 5th Ave – Miami, FL (near Miami Int’l airport)

Complimentary Lunch to be served during the program

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.

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