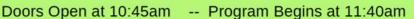
## MS Views and News Invites You to:

## THE 2025 MS WELLNESS SUMMIT















**Bringing Wellness Into Your Life** "MS is always there but it does not define me"

2025 MS Wellness Supported by: NOVARTIS and SONOfi

**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 5<sup>th</sup> Ave – Miami, FL (near Miami Int'l airport) Complimentary Lunch to be served during the program

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

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:** 













