



MS Views and News Invites You to:
The 2025 MS WELLNESS SUMMIT
on March 8, 2025
Doors open at 10:45am

A Special Event Focused on Wellness for People Living with MS

Agenda/Flyer

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

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Event to end at approx 3:20pm