



# THE 17TH ANNUAL MS SYMPOSIUM

Saturday, November 15th, 2025

Doors & Resource Room open at 9:30am

Educational Program begins at: 10:35am EST

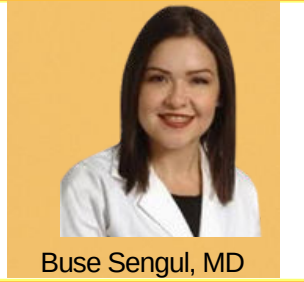
Location: Renaissance Hotel - 1230 S Pine Island Rd. Plantation, FL 33324



Jeff Segal, BS, NSCA-CPT



Amy (Yu) Laitinen, MD



Buse Sengul, MD



Brian Steingo, MD



Ashwin Mehta, MD

## MS VIEWS AND NEWS INVITES YOU TO:

The Multiple Sclerosis Community Resource Expo and MS SYMPOSIUM

- The largest and most comprehensive MS educational program in Florida -

RSVP Required to attend - Please see below to register

## AGENDA / FLYER

**10:35am - Opening Remarks** - by MS Views and News President/Co-Founder

**10:45am - Jeff Segal - Personal Trainer, BS, NSCA-CPT** a 20-minute presentation + 10-minute Q&A  
Let's get warmed up and move together! Tips on **strength, movement** and some inspiration from an MS trainer.

**11:15am - Ashwin Mehta, MD - Integrative Medicine** - Memorial Healthcare System - a 30-minute presentation  
Integrative medicine, Avenues of Wellness through nutrition, lifestyle, meditation, relaxation, breathwork and mindfulness

**11:50am - Amy (Yu) Laitinen, MD, Neurology** - Marcus Neuroscience Institute - a 25-minute presentation  
Today's **MS updates**. Learn about new **MS treatment** options and progress, A breakdown on B-cells and BTK inhibitors and how they work.

**12:20pm - Buse Sengul, MD - MS Neurology** - Memorial Healthcare System - a 25-minute presentation  
Understanding **Multiple Sclerosis health and wellness in Women**. Plus, MS Symptoms Management including MS spasticity, neurosensory pain, fatigue, and more

**12:50pm - Brian Steingo, MD - MS Neurology** - First Choice Neurology - a 25-minute presentation  
Understanding Multiple Sclerosis health and wellness in men. A look at disability progression, MS relapse, relapse treatment and lifestyle.

**1:20pm - Following the presentations Stuart will host a Q&A with the MD panel** - a 50-minute directed Q&A session

**2:05pm - After the Q&A panel - Join us for open Q&A to all Attendees (in-person & online)** - 35-Minutes

Registration Required to attend - Please Register, RSVP online:

<https://msviewsandnews.org/in-person-events/>

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

## THANKING THE SPONSORS OF THE 2025 MS SYMPOSIUM:

Sponsored By:  **MS views & news**

Community Sponsors:  **TG Therapeutics**

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The 2025 MS Symposium is presented by MS Views and News, a registered 501(c)(3) non-profit organization.  
Donations are greatly appreciated.

Program to end at approx 2:45pm