



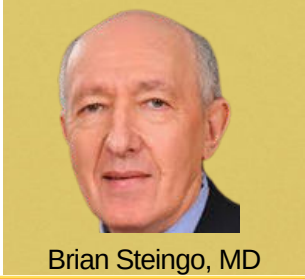
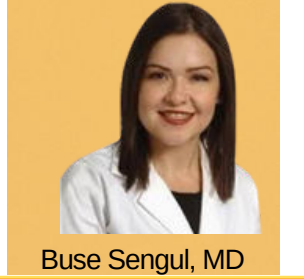
THE 17TH ANNUAL MS SYMPOSIUM

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



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 -

10:45am - Jeff Segal Personal Trainer, BS , NSCA-CPT

a 20-minute presentation

Let's get warmed up and move together! Tips on **strength, movement** and some inspiration from MS trainer Jeff Segal.

11:15am - Amy (Yu) Laitinen, MD, Neurology

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.

12:05pm - Buse Sengul, MD - MS Neurology

a 25-minute presentation

Understanding **Multiple Sclerosis health and wellness in Women**. Plus, MS Symptoms Management including MS spasticity, neurosensory pain, fatigue, and more

12:30pm - Brian Steingo, MD - MS Neurology -

a 25-minute presentation

Understanding Multiple Sclerosis health and wellness in men. A look at disability progression, MS relapse, relapse treatment and lifestyle.

12:50pm - Ashwin Mehta, MD - Integrative Medicine

a 30-minute presentation

Integrative medicine, Avenues of Wellness through nutrition, lifestyle, meditation, relaxation, breathwork and mindfulness

1:20pm - Following the presentations Stuart will host a Q&A with the MD panel - a 35-minute directed Q&A session

1:55pm - After the 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:

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The 2025 MS Symposium is provided by MS Views and News, a 501c3 non-profit organization. Donations are accepted.

Program to end at approx 2:35pm