



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:

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Program to end at approx 2:45pm