



MS Views and News invites you to:

## THE 2026 MS WELLNESS SUMMIT-COLUMBUS

DATE: MARCH 15TH -- DOORS OPEN AT 11:40AM -- PROGRAM BEGINS AT 12:30PM



ROBERT W. MOTL, PhD  
Professor of kinesiology



Carina Siracusa, PT, DPT, EdD, WCS, OnCS  
Pelvic Floor Physical Therapist



Aaron L. Boster, MD  
MS Neurology Specialist



### "MS is always there but it does not define me"

The MS Wellness Summit was developed with this important message in mind. Today more than ever there is research and new evidence supporting that practicing different avenues of wellness can improve how a person feels daily. We hope this event brings you new ideas, inspiration, and resources that can help improve your health and wellness.

**RSVP required – Please see below**

**12:30pm ET – Program Begins with acknowledgements** and information about event agenda

**12:35pm ET – Guest Speaker: Robert Motl, PhD - A Professor of kinesiology, nutrition and rehabilitation sciences at the University of Illinois, Chicago**

**Topic includes** the benefits, safety, and prescription of exercise training for people with MS with a specific focus on the disability spectrum.

**a 35-Minute presentation plus 20-minutes of Q&A**

**1:35pm ET – Presented by: Carina Siracusa PT, DPT, EdD, WCS, OnCS - A practicing physical therapist in the areas of pediatric, neurologic, oncologic, and pelvic floor physical therapy in her tenure as a physical therapist.**

**Topic includes** Bladder Health in MS - Understanding bladder issues, pelvic floor rehabilitation and management

**a 35-Minute presentation plus 20 minutes of Q&A**

**2:35pm ET – Presented by: Aaron Boster, MD – Neurologist - As the founder of the Boster Center for MS, Dr. Boster's mission is to make MS boring by providing you with the knowledge you need between visits, and beyond.**

**Topic includes** Lifestyle and Wellness in MS. A discussion about MS, mind-body positivity and living your best life. Making shared decisions. Learn about treatment options including Biosimilars and other High Efficacy MS Treatments, while considering what can work best for you.

**40-Minutes of presentation plus 30 mins Q&A**

**SPECIAL Program Date: Sunday, March 15<sup>th</sup>, 2026**

**Special time: 11:30am ET – Check-in \*\* - 12:30pm ET – Program Begins**

**Complimentary Lunch to be served during the program**

**Location: Embassy Suites Hotel – Columbus Airport**

**2886 Airport Dr.- Columbus, OH**

**PLEASE Register (RSVP) Online [www.events.msvn.org](http://www.events.msvn.org)**

**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:**



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 2:40pm**