



**RSVP Required – Please see below**

Supported by:    

**Guest Speaker: Guest Speaker: Travis Erhardt,**  
Owner and Trainer at Mindset Move-Well



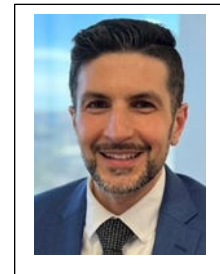
**Topic: Bettering your Movement, Balance and Strength**

Helping people living with MS to take the next steps toward moving well, living strong and transforming your quality of life.

Techniques and Tips for better Balance and Strength. - **35-minute presentation + 15-minute Q&A**

**Guest Speaker: Adnan M Subei, DO, FAAN**

Neurologist / Neuroimmunologist at Neurology Consultants of Dallas



**Topics:**

- MS Symptoms Management
- Explaining PIRA, RAW and other Acronyms pertaining to MS.
- Risks vs. Benefits of High Efficacy Treatments

**a 40-minute discussion + 40 mins of Q&A**

**Program Date: Saturday, August 8<sup>th</sup>, 2026**

**Check-in: 10:40am CT \*\* Program begins: 11:30am CT**

**With Complimentary Dinner \*\* RSVP REQUIRED as shown below \*\***

**Location: HILTON DFW LAKES EXECUTIVE CONFERENCE CENTER**

**1800 Hwy. 26E, Grapevine, Texas 76051**

[Google Map](#)

Please (RSVP) online: <https://msviewsandnews.org/in-person-events/>

(When webpage opens, click the program relating to your region)

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

**No Walk-ins will be permitted** (as an advanced headcount is needed)

Exhibitors:    

Program provided by MS Views and News, a 501C3 Not-for-profit organization MS Views and News is MAKING an IMPACT on those affected by Multiple Sclerosis