



RSVP Required – Please see below

Supported by:    

Guest Speaker: Travis Erhardt

Owner and Trainer at Mindset Move-Well



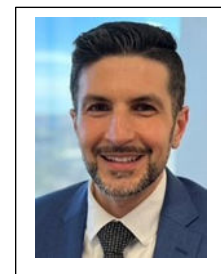
Topic: Bettering your Movement, Balance and Strength

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.

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

Program Date: Sunday, August 9th, 2026

Check-in: 11:40am CT ** Program begins: 12:30pm CT

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

Location: Embassy Suites by Hilton Grapevine DFW Airport North

Address: 2401 Bass Pro Dr, Grapevine, TX 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