

MS Views and News invites you to an informative educational program:



An educational program focused on empowerment through understanding the many aspects of living well with MS

Program begins with an interactive Audience Response Survey (ARS):

Followed by our First Guest Speaker:

Jeffrey Segal, NSCA-CPT, CSCS, CPTS, CPR/AED
Certified Personal Trainer and MS Exercise Specialist from South Florida



To Discuss:

- An introduction to physical fitness in MS at any level
- The benefits of staying active
- Adaptive exercises you can incorporate into your daily life

Plus Special Guest Speakers:

Jenifer Patterson, ARNP, Accredited Nurse Practitioner

To Discuss:

- Effective communication with your healthcare team
- Creating long-term trusting relationships with your healthcare team
- Establishing your priorities and goals;
- Journaling and Record Keeping
- Understanding your options to gain a better understanding of your MS



And

Daniel Kantor, MD, FAAN

Neurologist and MS Specialist at Kantor Neurology in Coconut Creek, FL

To Discuss:

- What is a comprehensive healthcare team in relation to MS?
- Understanding how to extend your healthcare team to meet all your needs
- A look at your core & extended healthcare team
- What a comprehensive MS Center can do for you
- Breaking down medical jargon



INTERACTIVE Q&A with Jenifer Patterson and Dr. Kantor, TO FOLLOW their talks!

Date: April 7th, 2018

10:45am - Registration

11:25am - Program Begins

Complimentary Lunch

Location: Marriott Louisville East

1903 Embassy Square Blvd, Louisville, KY 40299

[Google Map](#)

R.S.V.P. Required

Register ONLINE at: www.events.msvn.org / if no internet, call (888) 871-1664 - Ext 102

Program limited to the MS patient plus a max. of (1) guest

No children permitted under the age of 16 unless this is a child that has MS

Program Supported with a Charitable Contribution from:



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