

The MS Views and News organization invites you to an informative MS education program:

Living Beyond MS- Effective Communication with Your Healthcare Team

1st Guest Speaker: Jeffrey Segal, BS, NSCA-CPT, CSCS, CPTS – Personal Trainer

- Integrating healthy lifestyle choices into your daily life.
- Staying active; a look at adaptive exercises for strengthening, balance and fighting fatigue
- The impacts of incorporating physical fitness for those living with MS.
 37 mins + Q&A

2nd Guest Speaker – Julie Roberts, Country Singer

A motivational talk on: "The Ups and Down of Living with MS"

30 mins + Q&A

3rd Guest Speaker: Aljoeson Walker, MD, – Multiple Sclerosis - Neurologist Dr. Walker will discuss:

Effective methods in communicating your needs to your healthcare provider and

A look at proactive management of Multiple Sclerosis in order to get your needs met.

Plus: Organizational Concepts Including: Taking an Active Role in your healthcare journey, Making Informed Choices and Recognizing and Recording Changes/Symptoms 63 mins + Q&A

Date: December 14th 2017

5:50pm - Registration 6:25pm - Program Begins Complimentary Dinner

Location: DoubleTree by Hilton Columbia 2100 Bush River Road - Columbia, SC 29210

GOOGLE MAP <><><><><><>

R.S.V.P. Required

Register ONLINE at: www.events.msvn.org --

If you do not have internet, please call (888) 871-1664 - Ext 102 Program limited to The MS Patient plus a max of (1) Guest No children under the age of 16 unless this is a child that has MS

This event was supported with education grants from: SANOFI GENZYME of and Biogen









