

## 2024 More About MS | Take Charge of Your MS

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9:00 – 10:00 AM	Registration   Exhibitor Meet & Greet Continental Breakfast Served
10:00 – 10:15 AM	Welcome   Stretch
10:15 – 11:00 AM	Managing Your MS Opening Presentation
11:00 – 11:15 AM	Break
11:15 – 12:15 PM	Panel Physical Activity   Nutrition   Emotional Well-being Information & Strategies
12:15 – 1:15 PM	Lunch   Exhibitor Meet & Greet Lunch will be served
1:15 – 2:15 PM	Workshops (Choose One) 60 minutes 1) Staying Active 2) How to Survive & Thrive as a Care Partner 3) MS Across Your Lifespan – Virtual Participants  End of Virtual Meeting
2:15 – 2:30 PM	Break
2:30 – 3:15 PM	Workshops (Choose One) 45 Minutes 1) How to Reduce the Risk of Falls 2) Communication & Connection ( <i>Tips for Effective Talking &amp; Listening</i> )
3:15 – 3:30 PM	Move Forward Key Take-Aways
3:30 – 4:30 PM	Mix & Mingle Happy Hour with Members of the Healthcare Team

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*This program is possible thanks to the generous support of the following sponsors:*

