



MOVING TOWARDS WELLNESS

An MS Wellness Workshop

The MS Society of Canada, Alberta and Northwest Territories Division is pleased to announce the **"Moving Towards Wellness – MS Wellness Workshop"**. The workshops will feature two presentations from experts on achieving wellness for people affected by MS.

Movement and MS: Physical activity, exercise, reducing sedentary behavior and health benefits in people affected by MS.

Dr. Robert Motl

Dr. Motl is an Exercise Physiologist and Professor at the Department of Kinesiology, University of Illinois, Champaign-Urbana Illinois and a specialist in the area of exercise for people with MS. Dr. Motl's presentation will cover: the history of physical activity, exercise and MS; research evidence of the benefits of regular daily exercise for symptom management; and provide an update on the latest research on exercise and MS.

Moving towards an optimal therapeutic outcome in MS: The nature and role of emerging therapies

Dr. ScottJarvis will review: key clinical and MRI indicators of disease activity in MS; the connection between clinical MRI indicators of disease activity and future progression; and a review of brain atrophy and why it is being included as a metric of disease activity.

Wednesday, October 12, 2016

Emerald Ballroom
Executive Royal Hotel
(2828 23 Street NE)

Doors: 5:30pm

Presentation: 6pm - 9pm

Cost: Free

**Coffee, tea and cookies
will be provided*

To register visit:

<https://movingtowardswellnessyc.eventbrite.ca>

For more information

contact Nancy Bertram at
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The MS Wellness Workshops are made possible
through a collaborative grant from Novartis.

