



AGENDA - AM

In person

Saturday, 15 November 2025

Registration from 8:30 am, event ends 5:00 pm

9:20 AM	WELCOME FROM THE CEO	Speaker: Alex Holden, CEO of Overcoming MS. Introduction to Living Well Live!
9:30 AM	INSPIRATIONAL SPEAKER	Speaker: to be announced. An uplifting and personal take on resilience and living well with MS.
10:15 AM	BREAK	Refreshments, move and stretch.
10:40 AM	THE IMPORTANCE OF LIFESTYLE CHANGES	Speakers: Dr Jonathan White and Charlie Peel. A review of the impact healthy lifestyle changes have on MS progression and symptoms, and the growing evidence base.
11:00 AM	HOT TOPICS IN MS FOR 2025	Moderator: Gina Beach. Panel: Dr Jonathan White, Dr Phil Startin, Sam Josephs, Yasmin Neves and Dr Rachael Hunter. Quick-fire presentations and discussion from an expert panel on the emerging topics and research in MS, including intermittent fasting and smouldering MS.
12:00 PM	BREAK	Move and stretch.
12:20 PM	WELLBEING WORKSHOPS	Your choice of session.
	A. The science of sleep	Host: Dr Neil Stanley. Why MS affects sleep, the impact sleep can have on symptoms and what you can do about it.
	B. A mindful moment: practical tools for meditation and stress management	Hosts: Yvette Sargood, Sue Tibbles and Lyndsey Housden. Guided meditation, followed by your opportunity to get answers to your questions on stress management.
	C. Practical tips and small changes for living well for life	Hosts: Laura Crowder, Yasmin Neves and Hayley Baker. Understand the psychology behind change; get practical tips and tools to build healthy habits that last.

Please note, all timings and session details are subject to change.

www.overcomingms.org



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1:10 PM	LUNCH	Overcoming MS lunch
2:10 PM	WELLBEING WORKSHOPS A. MS and the gut microbiome: what we know so far B. A mindful moment: practical tools for meditation and stress management C. Practical tips and small changes for living well for life	Your choice of session. Hosts: Sam Josephs, Karen Lee, Ingrid Adelsberger. The evidence, the gaps and what you can do to support your gut health, with time for your questions on the microbiome and MS. Hosts: Yvette Sargood, Sue Tibbles and Lyndsey Housden. Guided meditation, followed by your opportunity to get answers to your questions on stress management. Hosts: Laura Crowder, Yasmin Neves and Hayley Baker. Understand the psychology behind change; get practical tips and tools to build healthy habits that last.
3:00 PM	BREAK	Move and stretch.
3:15 PM	CONNECTION SESSIONS A. Connect and share B. Tea and chat with the Overcoming MS team	Choose the option that suits you best. An opportunity to build meaningful connections in person. Meet up with your Circle, reconnect with your retreat, or chat with new, like-minded people. Not into big groups? Not a problem. Join us for a cup of tea and a relaxed chat with the Overcoming MS team.
4:00 PM	MY STORY: IS LAUGHTER THE 8TH PILLAR?	Speaker: Rabiah Coon. Join comedian and Overcoming MS community member Rabiah Coon as she shares her experiences of living with MS for over 20 years and explores how humour can boost resilience, connection and wellbeing.
4:30 PM	CLOSING REMARKS	Speakers: Alex Holden and Linda Bloom. Final words from Overcoming MS CEO Alex and charity President Linda.

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