



AGENDA - AM

Online

Saturday, 15 November 2025

Start 9:20am, event ends 5:00pm (UK time)

<p>9:20 AM</p>	<p>WELCOME FROM THE CEO</p>	<p>Speaker: Alex Holden, CEO of Overcoming MS. Introduction to Living Well Live!</p>
<p>9:30 AM</p>	<p>INSPIRATIONAL SPEAKER</p>	<p>Speaker: Lina Nielsen. From world athletics to life with MS - Lina shares her story and answers your questions live.</p>
<p>10:15 AM</p>	<p>BREAK</p>	<p>Chance to move and stretch.</p>
<p>10:40 AM</p>	<p>THE IMPORTANCE OF LIFESTYLE CHANGES</p>	<p>Speakers: Dr Jonathan White. A review of the impact healthy lifestyle changes have on MS progression and symptoms, and the growing evidence base.</p>
<p>11:00 AM</p>	<p>HOT TOPICS IN MS FOR 2025</p>	<p>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.</p>
<p>12:00 PM</p>	<p>BREAK</p>	<p>Chance to move and stretch.</p>
<p>12:20 PM</p>	<p>WELLBEING WORKSHOPS</p> <p>A. The science of sleep</p> <p>B. A mindful moment: practical tools for meditation and stress management</p> <p>C. From research to real life:ECTRIMS highlights for living well with MS</p>	<p>Your choice of session.</p> <p>Host: Dr Neil Stanley. Why MS affects sleep, the impact sleep can have on symptoms and what you can do about it.</p> <p>Hosts: Heather O’Neil and Vickie Hadge. A guided meditation, followed by your opportunity to ask your questions on stress management.</p> <p>Host: Brett Drummond. A look at Brett’s top 3 takeaways from the ECTRIMS conference and what they mean for living well.</p>

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

www.overcomingms.org



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Start 9:20am, event ends 5:00pm (UK time)

1:10 PM	LUNCH	
2:10 PM	WELLBEING WORKSHOPS	Your choice of session.
	A. MS and the gut microbiome: what we know so far	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.
	B. Practical tips and small changes for living well for life	Hosts: Dr Rachael Hunter, Heather O'Neil and Vickie Hadge Understand the psychology behind change; get practical tips and tools to build healthy habits that last.
	C. From research to real life:ECTRIMS highlights for living well with MS	Host: Brett Drummond. A look at Brett's top 3 takeaways from the ECTRIMS conference and what they mean for living well.
3:00 PM	BREAK	Chance to move and stretch.
3:15 PM	CONNECTION SESSION	An opportunity to build connections online with members of the Overcoming MS community.
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.
5:00 PM	EVENT ENDS	

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