



OVERCOMING
MULTIPLE
SCLEROSIS

EVENT PROGRAM

PLEASE NOTE: there are two break out sessions (A and B) in the event program, each of which has three options. For each of these sessions, you will need to **choose one out of the three options**. Please remember the options you have selected or write them down somewhere as you will need to indicate your choices when purchasing your ticket.

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| 8:30 | Delegates start to arrive. Tea and coffee served from 8:30 |
| 9:30 | MC, Housekeeping and introduction – Gary McMahan, CEO of OMS |
| 9:35 | Welcome – Linda Bloom, Chair of OMS |
| 9:40 | How 'Overcoming Multiple Sclerosis' came about – Prof George Jelinek |
| 10:00 | Secondary and tertiary prevention of MS: a risk factor modification approach – Prof George Jelinek |
| 10:45 | Morning tea |

BREAKOUT SESSIONS

SESSION A: 11:15

OPTION 1:

*Newly Diagnosed? Where to start.
Beginners Guide to OMS*

Dr Arie Gafson

This session will be especially valuable for those who are new to the OMS Recovery Program and want to have a simple overview of all the tenets – a perfect starting point if you are newly diagnosed. Arie will explain what MS is and how the OMS program will help you to overcome your symptoms.

OPTION 2:

*Preventing MS in
family members*
Dr Stuart White

Stuart will outline the evidence surrounding factors that can reduce the risk of family members getting MS, including details about precautions you and your family can take.

OPTION 3:

*Retreat outcomes for people
with MS and partners*
Dr Sandra Neate

Sandra will discuss the positive mental and physical health outcomes experienced by those attending an OMS workshop/retreat. This session will be of interest to both people with MS and partners and families of those living with MS.

SESSION B: 12:00

OPTION 1:

Newly Diagnosed? Where to start. Diet and Nutrition
Sam Josephs

Sam will outline the importance of good diet and nutrition in relation to nerve cell function. Additionally, she will cover which foods are recommended and various tips and guidelines to get you started.

OPTION 2:

Medication | what you need to know?
Dr Jonathan White

Available drug therapies have increased significantly in recent years. Jonathan will outline the current medication options and answer key questions.

OPTION 3:

Promoting resilience: looking after your mental health
Dr Rachael Hunter

Rachael will consider the role of mental health in MS and recovery. Research, evidence and practical guidelines will be considered.

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| 1:00 | Lunch |
| 2:30 | Mindfulness based meditation: theory and practice – Assoc. Professor Craig Hassed |
| 3:45 | Afternoon tea |
| 4:15 | Interactive Q&A session – Prof George Jelinek and Dr Craig Hassed |
| 5:15 | Is recovery from MS really possible? – Prof George Jelinek |
| 5:45 | Vote of thanks – Linda Bloom, Chair of OMS |

ABOUT THE VENUE

For more than two centuries Assembly Rooms has been at the very heart of the capital and touched the lives of almost all of its residents. It has hosted both monarchy and celebrity royalty, played its part in two world wars and celebrated artistic excellence.

Timeless elegance and beauty combine with everything you would expect from the most modern of venues: enormous crystal chandeliers, gleaming gold leaf and giant gilt mirrors reflect the history and tradition of the building, while the very latest technology has been discreetly incorporated following an extensive restoration.

WHEELCHAIR ACCESS

All meeting spaces are wheelchair accessible.

TOILETS

Toilets for people with disabilities are located throughout the venue and will be highlighted to you as part of our 'housekeeping notices' at the start of our day together

LIFTS AND STAIRS

All areas of the Assembly Rooms are accessible to all ambulant disabled and wheelchair users. There is lift access to all levels.

HARDSHIP

If finances are tight but you would like to attend the event, please email us at events@overcomingms.org explaining your circumstances.

TRANSFER POLICY

Tickets are transferable up until 7 days before the date of the event. Please notify us with the change of name by email: events@overcomingms.org. Please note that the person receiving the transferred ticket will need to take up the break-out options that you have chosen.

CANCELLATION POLICY

Tickets are not refundable. Once you have chosen your two 'options', you will not be able to change these before or on the day of the event.

For further information on the event,
please visit www.overcomingms.org