



[MS Views and News](#) invites you to an informative MS education program:

## LIVING BEYOND MS - NAVIGATING THE JOURNEY

**Brian Steingo, MD** a Neurologist from South Florida, will present on these topics:

- Effectively communicating with your healthcare team
- Preparing your questions prior to appointment (using a document like the “Land of MS Communication Tool”)
- Importance of bringing a care partner or family member to appointments
- Maintaining Your MS CARE
- Being aggressive about Shared Decision Making -

- **Empowering patients to be active participants in their healthcare**

- Hearing what you need to know about healthy lifestyle choices and overall impacts on quality of life

Timing – 40 minutes plus 40 minutes of Q&A



### **PLUS: INTEGRATING HEALTHY LIFESTYLE CHOICES INTO YOUR DAILY LIFE**

Presented by: **Jeffrey Segal, BS, NSCA-CPT, CSCS, CPTS**

- Staying active; a look at adaptive exercises for strengthening, balance and fighting fatigue.
- The impacts of incorporating physical fitness for those living with MS.

30 mins with Q&A

**Date: November 27th, 2017**

5:45pm - Registration

6:25pm – Program Begins  
with Complimentary Dinner

**Location: Golden Corral Restaurant**

**651 NW St. Lucie West Blvd. \* Port St. Lucie, Fl. 34986**

**Please Register (RSVP) Online at: [www.events.msvn.org](http://www.events.msvn.org)**

If you do not have internet access, please call (888) 871-1664 - Ext 102

**Program limited to The MS Patient plus a max of (1) Guest**

**No children under the age of 16 unless this is a child that has MS**

**This event is provided by: MS Views and News**

Exhibitors:



Program provided by MS Views and News, a 501C3 not for profit organization

**MS Views and News is MAKING an IMPACT** on those affected by Multiple Sclerosis