

MS[®]

Can't Stop Me A Forum for Young Adults

FREE!

Do you have MS or have a family member with MS? Are you between the ages of 18-26?

If so, then join us on October 24 & 25 in Kitchener for a chance to share and collaborate with your MS peers. Get comfortable telling your MS story to different audiences, find out how to influence public policy as a young person, and get prepared to transition into the world of work while still managing your MS, or maintaining your role as a caregiver. MS Can't Stop Me participants will learn valuable personal leadership skills and develop tools to become MS leaders of the future.

SPEAKERS INCLUDE:

- ◆ Youth Advocacy Training Institute
- ◆ Deanna Matzanke - HR/Diversity Professional and Lawyer
- ◆ Kate Hodgson from 9-5 Narrative
- ◆ Members of the MS Society Youth Advisory Group
- ◆ And more!

WHERE: Holiday Inn Kitchener Waterloo Hotel & Conference Centre

WHEN: Saturday, October 24, 5:30pm (following the MS Connect 2015 conference) to Sunday, October 25, 4:00pm

All costs for this event, including Saturday night accommodation at the Holiday Inn, will be covered by the MS Society of Canada. You may also be eligible for a travel subsidy.

"My life and the lives of those close to me are constantly impacted by MS and it affects how I think about my future. It is rarely easy to talk about but if we learn, listen, and support each other anything is possible."
Amanda Piron, lives with MS.



For more information or to register visit mssociety.ca/YoungAdultForum or call 1-800-268-7582 ext. 3170



MS Connect 2015 Bringing the MS community together

An educational conference for people affected by MS.

October 24 • Kitchener

The MS Society of Canada would like to thank the following sponsors for making this conference possible:

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EVENT SPONSORS



The MS Society of Canada is also hosting a one-day conference for people with MS, their caregivers and the larger MS community.

Gather information and resources from exhibition hall following registration, be inspired by the keynote speaker mid-morning, and connect with others in the MS community over lunch. In the afternoon, two session streams will be available: Stream A will be a review of caregiving challenges and support resources available to caregivers. Stream B will be geared towards those living with MS, and will include relevant topics such as strategies and tips for staying healthy and patient advocacy.

Topics include*

- ◆ Keynote speaker: Demystifying MS - Dr. Patricia Mandalfino, Neurologist, Kitchener
- ◆ Caregiver strategies and self-care - Cathy-Lee Benbow, Social Worker, London
- ◆ Tips for living well and staying healthy - Dr. Tania Bruno, Neuro-Physiatrist, Toronto Rehab
- ◆ Parenting & Young Caregivers - Heather Buckingham, Social Worker, MS Clinic, Hamilton Health Sciences
- ◆ Understanding disease activity - Dr. Dalia Rotstein, Neurologist, MS Clinic, St. Michael's Hospital

LIMITED SEATS AVAILABLE – RESERVE YOUR SPOT TODAY!

WHEN: Saturday, October 24, 2015, 9am – 5pm. Welcome & keynote address at 10:30am.

WHERE: Holiday Inn Kitchener-Waterloo Hotel & Conference Centre, 30 Fairway Road South, Kitchener, ON N2A 2N2 (Shuttle buses will be available from surrounding communities.)

PRICE: \$10 per person**

REGISTER: Visit mssociety.ca/MSCConnect2015 or call 1-800-268-7582 ext. 3133

*Topics and speakers are subject to change prior to event date.

**Complimentary tickets may be available for those requiring financial assistance.