



**ms  
sessions**  
Bucharest 19

# Friday night Launch

19.00-19.30

## Drinks

19.30-late

## Dinner

# Saturday A new reality

09.30-09.40

## MS Sessions goes live

09.40-10.00

## Be kind to your mind

Dr Sabina Brennan, Neuropsychologist, kicks off the day with a session on mental health. Learn how to keep your head in check.

10.05-10.25

## MSer takeover

In the first of three sessions, MSers take over and share inspirational stories about the positives that have followed diagnosis.

10.30-10.50

## Make that change

The psychology of adapting, accepting and moving on from diagnosis. Stay tuned for speaker announcement.

10.50-11.30

## Break

11.30-12.00

## Q&A panel

12.00-12.30

## Speakeasy

What does MS Energy mean to you...do you have a story to share?

12.30-13.30

## Lunch

13.30-14.00

## Be the boss of your brain

Knowledge is power. Dr Jeremy Hobart, Neurologist, leads a session on becoming a key player in your own healthcare.

14.05-14.25

## MSer takeover

A second session led by MSers who share stories about taking control of their own brain health.

14.25-14.45

## Speakeasy

What steps have you taken to be a key part of your own health care, or what are you going to do next to be more in control?

14.45-15.00

## Break

15.00-15.40

## The future is bright

What's going on in the world of MS research and treatment developments? Neurologist Sarmilee Gnanapavan headlines Saturday gives us the inside scoop.

15.45-16.15

## Q&A panel

# Saturday night MS Lates

19.30

## Dinner

# Sunday

## Don't stop me now

09.30-09.40

### MS Sessions goes live

09.30-09.50

### Move on up

No need to bring your sweatbands. Only a gentle listen will be involved. Conor Kerley, Clinical Research Specialist & Dietitian leads the first session.

09.50-10.15

### Love, sex, magic

The birds and the bees... Moira Tzitzika, sex therapist, talks about sex, relationships and MS.

10.15-10.35

### Q&A

10.40-11.10

### MSer takeover

A third session led by MSers who share stories about moving on positively while living with MS.

11.10-11.30

### Break

11.30-12.00

### MS movement

Strengthening the MS voice is key to impact change in your communities. Will you join?

12.00-12.30

### Energy into action

But...what next? There are plenty of options. Shift.ms presents opportunities to put energy into action.

12.30-13.30

### Lunch

13.30-13.50

### MS represent

A session on advocacy and getting your voice heard. Led by Anna Zaghi, MSer.

13.50-14.10

### Life is not a fight

MSer, blogger and psychotherapist Florenta Turlea shares her experience of making peace with a life with MS.

14.20-15.00

### Rule the world

Chronic illness blogger and part-time journalist Natasha Lipman headlines Sunday with a session on unleashing the power within communities to change society.

15.00 - 15.30

### Thank you and goodbye

“MS Sessions encouraged me to take control of my own story as an MSer. The experience of a lifetime.”

MSer, 2017

#### Wifi



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#### Sli.do

Ask your questions on Sli.do

1. Visit [sli.do](https://sli.do)

2. Enter the event code:

#MSsessions