MS Views and News invites you to:

THE 2026 MS WELLNESS SUMMIT- in Columbus

ROBERT W. MOTL, PhD
Professor of kinesiology

Carina Siracusa,PT, DPT, EdD, WCS, OnCS
Pelvic Floor Physical Therapist

Aaron L. Boster, MD
MS Neurology Specialist

Bringing Wellness Into Your Life

"MS is always there but it does not define me"

The MS Wellness Summit was developed with this important message in mind. Today more than ever there is research and new evidence supporting that practicing different avenues of wellness can improve how a person feels daily. We hope this event brings you new ideas, inspiration, and resources that can help improve your health and wellness.

RSVP required – Please see below

SPONSORED BY: Genentech A Member of the Roche Group and NOVARTIS

12:30pm ET – Program Begins with acknowledgements and information about event agenda

12:35pm ET – **Guest Speaker: Robert Motl, PhD -** ***A P****rofessor of kinesiology, nutrition and rehabilitation sciences at the University of Illinois, Chicago*

Topics include the benefits, safety, and prescription of exercise training for people with MS with a specific focus on the disability spectrum. **a 35-Minute presentation plus 20-minutes of Q&A**

1:35pm ET – Presented by: Carina Siracusa PT, DPT, EdD, WCS, OnCS - ***A p****racticing physical therapist in the areas of pediatric, neurologic, oncologic, and pelvic floor physical therapy in her tenure as a physical therapist.*

Topics include Bladder Health in MS - Understanding bladder issues, pelvic floor rehabilitation and management **a 35-Minute presentation plus 20 minutes of Q&A**

2:35pm ET – Presented by: Aaron Boster, MD – Neurologist - ***As*** *the founder of the Boster Center for MS, Dr. Boster's mission is to make MS boring by providing you with the knowledge you need between visits, and beyond.*

Topics include BRAIN HEALTH, Lifestyle and Wellness in MS. A discussion about MS, mind-body positivity and living your best life. Making shared decisions. Let's learn more about High Efficacy MS Treatments. **a 40-Minute presentation plus 30 minutes of Q&A**

SPECIAL Program Date: 'Sunday', March 15th, 2026

Special time: 11:35am ET – Check-in ** - 12:30pm ET – Program Begins

Complimentary Lunch will be served during the program

Location: Embassy Suites Hotel – Columbus Airport

2886 Airport Dr.- Columbus, OH (Free Parking)

PLEASE Register (RSVP) Online: https://msviewsandnews.org/in-person-events/

If you do not have internet, please call (888) 871-1664 - Ext 105

No Walk-ins will be permitted – all guests must be registered in advance of event.

Community Sponsor: TG Therapeutics

Exhibitors: EMD Serono, Genentech A Member of the Roche Group, NOVARTIS, TG Therapeutics

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

MS Views and News is MAKING a Positive IMPACT on those affected by Multiple Sclerosis

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Event to end at approx 2:40pm