



MS Progression,
Update on MS,
Care Partner
Perspectives,
and Brain Health

MS MENTAL HEALTH SYMPOSIUM

Supported by:



and



RSVP Required – Please see below

Guest Presenter: Jessica S. Thomas, LCSW, Licensed Clinical Social worker
Presenter of the monthly virtual program called MS Mental Wellness Chat



Topics: Care Partner Perspective
Teamwork and Decision-Making,
Resilience in the Relationship and Celebrating Wins and Preserving Identity
35-minute discussion + 30-mins of Q&A

Guest Speaker: Travis Erhardt, Owner and Trainer at Mindset Move-Well
Discussion on: Helping link exercise and brain health.
25-minute discussion + 20-mins of Q&A



“What we Now know about MS and Progression”

Guest Presenter: Annette F. Okai, MD - MS Neurologist at
North Texas Institute of Neurology, Rheumatology & Headache



Topics:
• How Our Understanding of MS Has Changed (Why the old model does not explain everything)
• MS Progression Can Occur Without Relapses (PIRA, RAW)
• Discussion on how MS is being treated as One Disease
• Discussions about MS Relapse
40-minute discussion + 35-mins of Q&A

Date: Sunday, October 25, 2026

Check-in begins at 11:40pm CT -
* Program Begins at: 12:30pm CT *
Complimentary LUNCH

Location: Hilton Garden Inn Fort Worth Medical Center
912 Northton St. - Fort Worth, TX 76104

To attend In-person Please (RSVP) here: <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 (as an advanced headcount is needed)

Exhibitors:

