

MS MENTAL WELLNESS SYMPOSIUM – Fort



- Resilience in Relationships-
- Linking Exercise and Brain Health
- What We Know about MS Depression, Disease Progression
- And More!

Sponsored by:



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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

Resilience in the Relationship and Celebrating Wins and Preserving Identity

Teamwork and Decision-Making

35-minute discussion + 25-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, plus Lifestyle & Wellness”

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)

- Let's discuss an important symptom of Depression as it relates to MS

- A briefing on Lifestyle and Wellness

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:



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 by 3:40pm CT