

# Agenda:

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|-------------------------|---|
| <b>6:00 p.m.</b>        | <b>Reception &amp; Registration</b>   |
| <b>7:00 - 7:10 p.m.</b> | <b>Opening</b><br>National MS Society and<br>MS LifeLines <sup>SM</sup>   |
| <b>7:10 - 7:15 p.m.</b> | <b>Welcome &amp; Introductions</b><br>National Health Expert<br>Dr. Donnica Moore, Moderator  |
| <b>7:15 - 7:35 p.m.</b> | <b>Get the Career Edge: Tips<br/>for Job Success with MS</b><br>Rosalind Joffe, Founder &<br>Principal of Clcoach.com                                   |
| <b>7:35 - 7:55 p.m.</b> | <b>A Total Approach to<br/>Healthy Living with MS</b><br>Carol Sames, PhD,<br>Director, Vitality Fitness<br>Program, SUNY Upstate<br>Medical University |

**7:55 - 8:15 p.m.**

**Relationships, Intimacy and Sex: Where Does MS Fit?**

Peggy Crawford, PhD, Clinical Psychologist and Director of Health Psychology Services, Mellen Center for MS Treatment and Research, Cleveland Clinic

**8:15 - 9:00 p.m.**

**Real Talk, Real Answers: Interactive Panel**

**Discussion with Guest Speakers and People Living with MS**

Audience and webcast Q&A

**9:00 p.m.**

**Closing Remarks**

National Health Expert

Dr. Donnica Moore, Moderator

**Have you stepped up your exercise routine or abandoned it?**

**Are you considering telling your boss that you have MS?**