

Understanding Multiple Sclerosis & Other Neurological Diseases

~ how to manage through diet, rehabilitation & mindfulness

October 19, 2019 / Sidney, BC

Patients & Practitioners*: Come learn the latest research on:

- ▶ Viral infections in MS, including Epstein-Barr
- ▶ Exercise and neurovascular health, including autonomic function in MS
- ▶ How diet, exercise and mindfulness affect neurological and vascular health
- ▶ Alternative approaches to managing Multiple Sclerosis, including diet and lipoic acid

Plenty of opportunities to interact with these researchers and ask questions!

Speakers: Dr. Bernhard Juurlink, Dr. Marc Horowitz, Dr. Vijayshree Yadav, Ryan Rosentreter

\$50 (financial subsidy available); lunch provided. Pre-registration required:

<http://CNHS2019.eventbrite.ca>

***CME
eligible!**



**See you
October 19!**

Neurovascular health affects every one of us, but is of particular importance for those dealing with Multiple Sclerosis, Dementia, Alzheimer's Disease, Chronic Fatigue Syndrome, Parkinson's Disease, Migraine, and Irritable Bowel Syndrome.

The Canadian Neurovascular Health Society is an all-volunteer charity based in Victoria, BC. Our mission is to bring researchers, practitioners, and policy makers together with patients so patients can make informed decisions about their health.

(Charitable #: 833497407RR0001)

<http://cnhs.ca>