



OVERCOMING
MULTIPLE
SCLEROSIS

ONE DAY SYMPOSIUM

The Crest Theater in Westwood,
Los Angeles, USA
October 30, 2016

EVENT DETAILS

LOCATION:

Crest Theater
in Westwood
1262 Westwood Blvd
Los Angeles
CA 90024

TICKETS:

\$99 each
This is a fully-inclusive
event which includes
all food and beverages.
A OMS-friendly lunch
is provided.

Translating Multiple Sclerosis Research into Meaningful Recovery

On Sunday October 30, 2016 Professor George Jelinek and Associate Professor Craig Hassed, both medical doctors with significant credentials, will outline the OMS Recovery Program in detail, alongside the evidence that supports it, in a full-day presentation at the Crest Theater in Westwood.

This is a comprehensive day, which will provide all of the information needed to start the lifestyle-based OMS Recovery Program and gain a much greater understanding of those factors that can prevent disease progression.

This event offers a rare, hands-on opportunity to engage directly with the OMS Recovery Program, integrate it into your life and potentially improve your health. You will leave feeling inspired and informed, and the experience will give you a better understanding of how the OMS Recovery Program leads to better health and wellbeing.

This event is for you if you:

- Have been diagnosed with MS, and need to get some insight into the condition and what you might be able to do to support your own health and your potential for recovery
- Are already following the OMS Recovery Program, but want to learn more
- Would like to meet other people with MS who are following the OMS Recovery Program
- Are newly diagnosed and want a warm introduction to the OMS Recovery Program
- Want to maximize healing and wellbeing, increasing awareness of lifestyle modification and self-help techniques

This event will be beneficial to everyone diagnosed with MS **including** their partners, family, and other supporters.

An opportunity not to be missed: this is one of only three such events happening in the USA in 2016!

About the venue:

The Crest Theater serves as West LA's premiere showcase destination for artists and entertainers. Built in 1940, the historic performance hall now specializes in interactive entertainment and film. In 2010, it was named a Cultural Landmark by the city, and in the time since its reopening in 2013. The unique interior, intimate size, and impeccable acoustics are some of its hallmarks. The Crest has hosted film and music festivals, charity events, birthday celebrations, and red carpet premieres. The venue is fully accessible for wheelchair users.

- The Crest Theater

The event will start with registration at 8.30am. An OMS lunch will be provided and refreshments will be available. The day will finish at 5:00pm.

The cost of the day is \$99 (including lunch and all refreshments).

A full, detailed course itinerary and venue directions will be emailed to you with your ticket purchase.

Accessibility:

This venue is approved by the American Disability Association. If you have a disability please make contact with us at events@overcomingms.org once you have bought your ticket to ensure that we are aware of your needs.

All enquiries before the event should be emailed to events@overcomingms.org

If you want to attend the event, but limited financial or other circumstances prevent you from doing so, please email events@overcomingms.org and let us know. We will do our best to help facilitate.

Our presenters for this event are:



Professor George Jelinek

Professor George Jelinek is Professor and Head of the Neuroepidemiology Unit (NEU) within the Melbourne School of Population and Global Health at The University of Melbourne. The NEU's charter is to investigate the modifiable lifestyle risk factors that predict the progression of MS with a view to refining a preventive medicine approach to management of the disease. Professor Jelinek specialised in Emergency Medicine, winning the Prize in the first Specialist Examinations in 1986. He is a past President of the Australasian Society for Emergency Medicine (ASEM) and past Vice President of the Australasian College for Emergency Medicine (ACEM). He was the first Professor of Emergency Medicine in Australasia and Founding Editor of the journal *Emergency Medicine Australasia*, a MEDLINE-indexed journal that he has edited continuously for 25 years. Recognising his contribution to Emergency Medicine, he was awarded the ACEM Medal in 2003, the highest individual honor in the specialty of Emergency Medicine in Australia and New Zealand. The College for Emergency Medicine also awarded him the 2006 John Gilroy Potts Award and the 2012 and 2014 Edward Brentnall Awards for the best publications in Public Health in those years. Recognising his contribution to Emergency Medicine and Multiple Sclerosis, Professor Jelinek was a Western Australian Finalist for 2008 Australian of the Year, and a Victorian Finalist for the 2016 Australian of the Year.



Dr. Craig Hassed MBBS FRACGP Retreat Co-facilitator and OMS Medical Consultant

Dr. Craig Hassed is a General Practitioner and Senior Lecturer at the Monash University Department of General Practice. His teaching, research and clinical interests include mindfulness-based stress management, mind-body medicine, meditation, holistic healthcare, health promotion, integrative medicine and medical ethics. Craig is the founding president of the Australian Teachers of Meditation Association and is regularly invited to speak and run courses in Australia and overseas including co-facilitating MS retreats with Professor George Jelinek and Dr. Sandra Neate in New Zealand and facilitating at the Wellness Days for MS Australia. Craig is a regular media commentator, writes regularly for medical journals and has published six books; *New Frontiers in Medicine (Volumes 1 and 2)*, a third book on mindfulness-based stress management entitled *Know Thyself*; a fourth on a holistic lifestyle approach to healthcare, *The Essence of Health* and more recently a textbook co-authored with Kerry Phelps, General Practice: *The Integrative Approach*. Craig's sixth book, written with Stephen McKenzie, *Mindfulness for Life*, was released in mid-2012.

For enquiries please email events@overcomingms.org

www.overcomingms.org