

## Speaking Out: Communications, Me and My Family

10th - 12th September 2010  
Slieve Russell Hotel, Ballyconnell, Co Cavan

### Day Delegate Programme

#### Saturday 11th September

All Day **Exhibition** - rehabilitative devices, adaptations, gifts, information and advice

**10.45am Welcome and Official Opening**  
Anne Winslow, Chief Executive, MS Ireland

**11.00am The Role of Communications: Living with MS, Working with Health Professionals**  
Dr Kathryn Yorkston, working in rehabilitation medicine at University of Washington.  
Followed by questions and answers.

**12.00 pm Workshops**  
Delegates have the opportunity to attend the first of their workshop choices. Workshops can be chosen on arrival. Choose from Aqua fit, Continence Promotion, Nutrition and Pain Management

**1.00 pm Lunch**

**2.15 pm Family Life and MS: Living with and Talking about MS**  
Dr. Marcia Finlayson, University of Illinois at Chicago. Followed by questions and answers.

**3pm Workshops**  
Delegates have the opportunity to attend the second of their workshop choices.

**4pm Finish**

#### Sunday 12th September

All Day **Exhibition** - rehabilitative devices, adaptations, gifts, information and advice

**10.30am MS Ireland AGM**  
(Members only)

**12pm CCSVI Update**  
Chronic cerebro-spinal venous insufficiency (CCSVI) is a new theory on the diagnosis and treatment of MS. While the theory is in the early stages of research there is growing interest in how this theory may explain MS.

**12.30pm Close**

**1.00pm Lunch**

For more information on the conference log onto [www.ms-society.ie](http://www.ms-society.ie)

For more information on the Slieve Russell Hotel, log onto [www.slieverussell.ie](http://www.slieverussell.ie)

### Booking Details

Fill in the following form or call 01 678 1600/email [reception@ms-society.ie](mailto:reception@ms-society.ie) with your details. Please choose one or both boxes below.

- I would like to attend on Saturday 12<sup>th</sup> September. Cost €20.  
 I would like to attend Sunday 13<sup>th</sup> September. Cost €15.

**Name:** \_\_\_\_\_ **Tel:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Email:** \_\_\_\_\_

Please send the form back to MS Ireland, 80 Northumberland Road, Dublin 4. Bookings must be made before **3rd September 2010**. Booking confirmed will be emailed. *Payment can be made upon arrival to the hotel.*