

Book Now

To book, please return completed forms on or before
Friday, 2nd October to:

✉ MS Ireland,
Western Regional Office
Curragrean
Merlin Park
Galway

@ nationalconference@ms-society.ie

Accommodation

Accommodation bookings are the sole responsibility of the
meeting attendee(s) and early booking is advisable to avail of
favourable rates.

For those of you who may require accommodation:

The Clayton Hotel, 091 721 900

You should quote 'MS Ireland' in your booking to avail of the
following rates:

Friday night B&B Single €159

Saturday night B&B Single €179

Add €16 to the rate for a double/ twin

Get In Touch

To find out more about the 'Living Well' Conference, please contact our
Western Regional Office:

@ nationalconference@ms-society.ie

☎ (091) 768 630

LIVING WELL WITH MS: MANAGING SYMPTOMS, BUILDING COMMUNITIES MS IRELAND NATIONAL CONFERENCE 2026

DATE: SATURDAY 17TH OCTOBER

TIME: 9.00AM – 4.45PM

LOCATION: CLAYTON HOTEL, GALWAY

COST: €30

**IF YOU WOULD LIKE TO JOIN US FOR THE GALA DINNER
AND ANNUAL AWARDS ON FRIDAY 16TH OCTOBER
THERE WILL BE AN ADDITIONAL FEE OF €45**

www.ms-society.ie

Information Line - 0818 233 233



PERSONAL INFORMATION

Full name

Address

Email

Phone number

Do you have any accessibility requirements? ☐ Yes ☐ No

If yes, please specify

Do you have any special dietary requirements? ☐ Yes ☐ No

If yes, please specify

Will you be attending the Gala Dinner on Friday 16th at 7pm? (additional €45) ☐ Yes ☐ No

Parallel Sessions

Which parallel sessions would you like to attend? Please tick one:

Sexuality & MS: Changing Perspectives ☐

Continence and MS ☐

Eat Well, Live Well: Nutrition for MS ☐

The Resilient Carer (For Carers) ☐

Payment

Cheques should be made payable to MS Ireland

Credit Card and Debit Card bookings can be facilitated on the day

If you are enclosing the fee with this form, please tick here ☐

LIVING WELL NATIONAL CONFERENCE



AGENDA

9:00am **Registration**

10.00am **Welcome**

10.05am - 11:15am **The Long Game: Brain Health & Ageing In MS**
Dr. Andrew Lockhart

11.15am- 11.45pm **Poster Session & Movement Break**

11:45am - 12:50pm **Supporting Mental health in People with MS**
Panel Discussion
Dr. Rebecca Maguire

1pm-2.30pm **Lunch**

2.30pm-3.30pm **Parallel Sessions**
Sexuality & MS: Changing Perspectives
Continence and MS
Eat Well, Live Well: Nutrition for MS
The Resilient Carer

3:40pm-4:40m **Targeting cognition to improve daily life**
Dr. Sinead Hynes & Hannah Bergin

4:40pm- 4.45pm **Close**