

2011

MS Wellness Conference

"Within each of us, nature has provided all the pieces necessary to achieve exceptional health and wellness, then left it up to us to put them all together.

We have within ourselves the ability to positively influence the path of our life"

Diane McLaren



Hosted by the Ottawa MS Clinic and the MS Society of Canada, Ottawa Chapter



November 5th 9:30 – 15:30



Ottawa Airport hotel

2400 Alert Road, Ottawa, On. Canada K1V 1S1
Tel: 1-613-288-9001 Fax: 1-613-249-8729

Free parking
Buffet lunch and afternoon snacks will be provided

Current Treatment of MS:

The Conventional Medical Approach

Dr. Heather MacLean

Tips for Emotional Self Mastery

Catherine McLenaghan

Moving Forward in Heavy Winds

John Robertson

Appetite for Healthy Living

Linda Houle-Robert

How Massage Therapy Can Help

Samantha Soucy

Tai Chi: Healing Motions

Ottawa Branch Taoist Tai Chi Society

Please register before **October 24th**

Contact Nanda at **613-737-8532 ext. 2** or by Email: **Nsoucy@toh.on.ca**

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