



April 11, 2026
Creighton University
3100 North Central Ave.
Phoenix, AZ 85012

Course Directors



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Neurologist, Multiple Sclerosis



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Neurologist, Multiple Sclerosis

MS Empowerment Summit 2026

Agenda

- 8:30 a.m. Doors Open - Breakfast**
- 8:45 a.m. **Welcome - Introduction**
- 9 a.m. **GLP-1 Therapy in MS: Opportunities, Considerations, and Nutrition Support**
Kelly Robers, RDN, CDCES
- 9:30 a.m. **Sleep Hygiene**
Hannah Richardson, MOT, OTR/L, BCPR
- 10:15 a.m. **Q&A**
- 10:30 a.m. Break**
- 11 a.m. **Breakout Sessions**
- Session 1 - Ease Your Pain: Movement is Medicine**
Jillian MacDonald, PT, DPT, NCS Anna Cauley, PT, DPT, Desmond Bernstein, PT, DPT, NCS
- Session 2 - Ease Your Voice, Ease Your Stress: Techniques for Vocal Relaxation**
Beth Wiggs, M.S., CCC-SLP
- Caregiver Support Circle**
Charisse Moore, LMSW Neurology Social Worker Educator
- 12:15 p.m. Adjourn**



**Register
Here**