

# MS Explored - An Informational Meeting for Young People Living with Multiple Sclerosis in Ireland

Nov 18, 2019

MS Ireland, in association with Novartis, held it's annual MS Explored meeting on Saturday, 12th October 10.30 - 15.00. On the day, leading experts spoke about the topics that young people are faced with on their MS journey.

This year's MS Explored topics included Young People and MS, Navigating Work Life, Relationships and Intimacy and Fitness which were led by keynote speakers; Dr Maria Gaughan; Sinead Brady, Career Psychologist; Sarah Sproule, Sexuality Educator and Occupational Therapist; and Professor Susan Coote, Physiotherapist specialising in neurological rehabilitation. Fitness event series, Fearless Moves hosted a movement session encouraging those with MS to incorporate a fitness regime into their daily lives.

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