

Thursday, October 5

TIME	EVENT	LOCATION
7:30 AM	Hill Day Breakfast	Terrace East
11:00 AM - 4:00 PM	Registration	Plaza Foyer
6:00 PM	Symposium Welcome Reception – <i>Please wear your provided tee shirt!</i>	Plaza Ballroom
7:30 PM	Meet & Greet Desserts Reception	Plaza Ballroom



JOIN US

Washington DC Walk & Roll SUNDAY, OCTOBER 8

Please join us Sunday morning starting at 8:30 AM for a grab & go breakfast and pre-registration at the hotel. Transportation provided.

**Walk registration is separate from the Symposium*

GBS|CIDP “ZEN DEN”

Meditation, Mindfulness, and Yoga

LOCATION: Birch Room
FRIDAY & SATURDAY

- ▶ Yoga Nidra – Calm the Mind, Calm the Body
- ▶ How to reduce Anxiety and Strengthen the Nervous System
- ▶ Improve your Posture in 15 minutes a day
- ▶ How do we stay Balanced – Literally and Figuratively

DISCLAIMER: Information presented at the 2023 GBS|CIDP Foundation Symposium is intended for general educational purposes only and should *not* be construed as advising on diagnosis or treatment of Guillain-Barre Syndrome, CIDP, MMN or any other medical condition. *As always, all decisions regarding your healthcare should be made with your personal physician.*

Friday, October 6

TIME	EVENT	LOCATION
7:30 AM	Registration: All Day	Plaza Foyer
7:45 AM	Breakfast: including a special welcome for first-timers	Plaza Foyer
8:15 AM	Shared Decision Making Approach in the Management of CIDP: Suraj Muley, MD <i>Sponsored by Grifols</i>	Plaza Ballroom
8:45 AM	Welcome Introduction: Lisa Butler, Executive Director	Plaza Ballroom
9:00 AM	Change How You See; See How You Change Keynote Speaker, Rick Guidotti	Plaza Ballroom
9:45 AM	Plenary: Staying Empowered During Challenging Times by Dr. Felicia Speed	Plaza Ballroom
10:30 AM	MORNING BREAK	Plaza Foyer
10:50 AM	Plenary: 2023 David R. Cornblath Research Panel Discussion by Dr. Betty Soliven & Dr. Bart Jacobs moderated by Dr. Jeff Allen What You Don't See – Big Things Happening Bench Side	Plaza Ballroom
12:00 PM	LUNCH	Plaza Foyer/Plaza Ballroom
12:30 PM	Yoga & Stretches at Your Seat with Sterling Yoga	Plaza Ballroom
1:00 PM	Education Session <i>Sponsored by CSL</i>	Plaza Ballroom
1:30 PM	Plenary: Navigating Misinformation by Dr. David Saperstein & Dr. Diana Castro Vaccines, Prognosis, & What You May Have Seen on Facebook	Plaza Ballroom
2:15PM	AFTERNOON BREAK: Guided Poster Viewing	Plaza Foyer
2:45 PM	BREAKOUTS Treatments: Treatments & Trials Update, Dr. Jeff Allen & Dr. Karissa Gable GBS: Current Trials & Residual Management; Pain, Fatigue & Mobility, Dr. Bart Jacobs & Dr. Mamatha Pasnoor MMN: Treatments & Trials Update, Dr. Tom Harbo & Michael Vytopil	Plaza Ballroom Terrace Room Arbors Room
3:30 PM	BREAKOUTS: How to Optimize Your Treatment, a Patient-Physician Discussion CIDP: Dr. Richard Lewis & Betsy Blake GBS: Dr. Bart Jacobs & John Bennett MNN: Dr. Tom Harbo, Clive Philips, & Rebecca Stein	Plaza Ballroom Terrace Room Arbors Room
4:00 PM	ASK THE EXPERTS (BREAKOUTS) <i>Sponsored by Argenx</i> CIDP: Dr. David Saperstein, Dr. Sami Khella, & Dr. Rich Lewis GBS: Dr. Karissa Gables, Dr. Diana Castro, & Dr. Michal Vytopil MMN: Dr. Tom Harbo & Dr. Jeff Allen	Plaza Ballroom Terrace Room Arbors Room
7:30PM	Trivia Night with Dave Ahrens: Snacks included	Plaza Ballroom

Saturday, October 7

TIME	EVENT	LOCATION
7:45 AM	Breakfast	Plaza Foyer
8:15 AM	Empowering CIDP Patients and Caregivers: Dr. Sami Khella <i>Sponsored by Pfizer</i>	Plaza Ballroom
8:45 AM	Welcome: Kelly McCoy, Associate Director of Patient Relations & Events	Plaza Ballroom
9:00 AM	A Dive Into Research & How it Benefits You, highlighting the advancements of research, emerging opportunities, and how/why patient participation is key. Dr. Walter Korochetz, Director, NINDS	Plaza Ballroom
9:45 AM	Plenary: Nutrition – Kate Costello, MS, CNS, LDN	Plaza Ballroom
10:30 AM	MORNING BREAK	Plaza Foyer
10:50 AM	Benson Volunteer Award	Plaza Ballroom
11:00AM	Plenary: Patient Empower Inspiration Hour, Moderated by Madeline Miller	Plaza Ballroom
12:00 PM	LUNCH	Plaza Foyer/Plaza Ballroom
12:30 PM	Yoga & Stretches at Your Seat with Sterling Yoga	Plaza Ballroom
1:00 PM	Educational Session <i>Sponsored by Takeda</i>	Plaza Ballroom
1:30 PM	Plenary: How to Maximize Your Appointment Time with Your Doctor Dr. Rich Lewis & Brenda Perales	Plaza Ballroom
2:15 PM	Plenary: Support for Navigating the Patient Journey by Chrissy Jenkins, MSW	Plaza Ballroom
2:45 PM	AFTERNOON BREAK	Plaza Foyer
3:00 PM	ASK THE EXPERTS BREAKOUTS Ways to Get Involved at the Foundation: Pamela Franks, Chelsey Fix, & Zachary Chopek Movement at Home: Maria Harris, PT/DPT, Kathleen Liebsch, OTR/L, Julie & Emma Bell	Terrace Room Plaza Ballroom
3:30 PM	BREAKOUTS Adaptive Devices to Improve Everyday Life: Maria Harris, PT/DPT, Kathleen Liebsch, OTR/L Advocacy Engagement Fireside Chat & Access Updates: Dane Christiansen, Chelsey K. Fix MPH & Karen Mancera-Cuevas DrPH, MS, MPH, CHES Care Partner Connection: Moderated by Estelle Benson	Plaza Ballroom Terrace Room Arbors Room
4:15 PM	ASK THE EXPERTS CIDP: Dr. Jeff Allen & Dr. Diana Castro GBS: Dr. Karissa Gable, & Dr. Tom Harbo MMN: Dr. Jeff Allen & Dr. Sami Khella	Plaza Ballroom Terrace Room Arbors Room
6:00 PM	Closing Reception: Party at the County Fair!	Plaza Ballroom

Sunday, October 8

TIME	EVENT	LOCATION
8:30 AM	Grab & Go Breakfast: Please Join Us Before the Walk! <i>Sponsored by Argenx</i>	
10:00 AM	Buses Depart from Hotel to Walk	
11:00 AM	Washington D.C. Walk & Roll <i>*Due to time constraints, please preregister at the Symposium</i>	

NOTES
