

WEDNESDAY				
AM	6:15	6:45	Shuttle to Shepherd Center	Everyone
	7:00	8:00	Breakfast	Participants & Support Partners
	8:15	9:45	Welcome & Goal Setting Presentation Why Are You Here?	Participants & Support Partners
	10:00	11:00	Mood & Cognition Presentation	Participants & Support Partners
	11:15	12:15	Communication Presentation	Participants & Support Partners
PM	12:15	1:00	Lunch	Participants & Support Partners
	1:00	2:30	Support Partner Session	Support Partners Only
	1:00	3:00	Individual Sessions (30 min sessions)	Participants - SP's Optional
	1:00	3:00	Individual Psychology Sessions (30 min sessions)	Participants - SP's Optional
	1:00	3:00	Research PROs	Participants - SP's Optional
	1:00	1:45	Cognition Workshop (Teams 1 & 2)	Participants
	2:00	2:45	Cognition Workshop (Teams 3 & 4)	Participants
	3:15	4:00	Fatigue Presentation	Participants & Support Partners
	4:15	5:00	Three Workshops (Sleep, Bladder, Intimacy)	Participants & Support Partners
	5:15	6:15	Participant Group Session - Teams 1 & 2	Participants Only
			Participant Group Session - Teams 3 & 4	Participants Only
	5:15	6:15	Support Partner Workshop (Transfers)	Support Partners Only
	6:30	7:00	Shuttle to Hotel	Everyone
	7:30	8:30	Dinner	Participants, SP's & Staff
				Wednesday

THURSDAY				
AM	7:15	7:45	Shuttle to Shepherd Center	Everyone
	8:00	9:00	Breakfast with Teams & Introductions (1 hr)	Participants & Support Partners
	9:00	9:45	Health & Wellness Presentation	Participants & Support Partners
	10:00	10:45	Three Workshops (Sleep, Bladder, Intimacy)	Participants & Support Partners
	11:00	11:45	Nutrition Presentation	Participants & Support Partners
PM	11:45	12:30	Lunch with Teams - includes Team Consultant, participant and SP	Participants, SP's & Staff
	12:45	2:15	Support Partner Session	Support Partners Only
	12:45	3:45	Physical & Functional Asmnt (30 min sessions) - Team Members & Staff	Participants Only
	12:45	3:45	Individual Psychology Sessions (30 min sessions)	Participants - SP's Optional
	12:45	3:45	Individual Sessions (30 min sessions)	Participants - SP's Optional
	12:45	3:45	Individual Swimming (30 min sessions)	Participants Only
	4:00	5:00	Exercise & MS Presentation & Workshop	Participants & Support Partners
	5:15	6:00	Participant Group Session - Teams 1 & 2	Participants Only
			Participant Group Session - Teams 3 & 4	Participants Only
	5:15	6:00	Support Partner Workshop (Exercise)	Support Partner Only
	6:15	6:45	Shuttle to Hotel	Everyone
	7:00	8:00	Dinner	Participants, SP's & Staff
	8:15	8:45	Optional Jimmie Movie	
				Thursday

FRIDAY			
AM	6:15 - 6:45	Shuttle to Shepherd Center	Everyone
	7:00 - 8:00	<u>Breakfast</u>	Participants, SP's & Staff
	8:00 - 9:30	Support Partner Session	Support Partners Only
	8:00 - 12:00	Fitness Assessments (30 min sessions)	Participants Only
	8:00 - 12:00	Individual Swimming (30 min sessions)	Participants Only
	8:00 - 12:00	Individual Yoga (30 min sessions)	Participants Only
	8:00 - 12:00	Individual Neurology Sessions (30 min sessions)	Participants - SP's Optional
	8:00 - 12:00	Individual Psychology Sessions (30 min sessions)	Participants - SP's Optional
	8:00 - 12:00	Individual Sessions (30 min sessions)	Participants - SP's Optional
PM	12:00 - 12:45	<u>Lunch</u>	Participants, SP's & Staff
	1:00 - 2:00	MS Facts & Treatments Presentation	Participants & Support Partners
	2:15 - 3:15	Fit Ball Workshop	Participants, SP's & Staff
	3:15 - 3:45	Optional Individualized Skill Building	Participants - SP's Optional
	4:00 - 5:00	Participant Session with Neurologist & Psych	Participants Only
	4:00 - 5:00	Support Partner Session with Neurologist & Psych	Support Partners Only
	5:15 - 6:00	Three Workshops (Sleep, Bladder, Intimacy)	Participants & Support Partners
	6:15 - 6:45	Shuttle to Hotel	Everyone
	7:00 - 8:00	<u>Participant Dinner</u>	Participants & Support Partners
			Friday

SATURDAY			
AM	6:15 - 6:45	Shuttle to Shepherd Center	Everyone
	7:00 - 8:00	<u>Breakfast</u>	Participants, SP's & Staff
	8:00 - 9:30	Support Partner Session	Support Partners Only
	8:00 - 12:00	Fitness Assessments (30 min sessions)	Participants Only
	8:00 - 12:00	Individual Swimming (30 min sessions)	Participants Only
	8:00 - 12:00	Individual Yoga (30 min sessions)	Participants Only
	8:00 - 12:00	Individual Neurology Sessions (30 min sessions)	Participants - SP's Optional
	8:00 - 12:00	Individual Psychology Sessions (30 min sessions)	Participants - SP's Optional
	8:00 - 12:00	Individual Sessions (30 min sessions)	Participants - SP's Optional
PM	12:15 - 1:00	<u>Lunch</u>	Participants & Support Partners
	1:15 - 2:15	MS Research Presentation	Participants & Support Partners
	2:30 - 3:15	Participant Group Session - Teams 1 & 2	Participants Only
		Participant Group Session - Teams 3 & 4	Participants Only
	2:30 - 3:15	Support Partner Session	Support Partner Only
	3:30 - 4:45	Summary Sessions/Individual Goal Setting	Participants, SP's &
		-Team Consultant meetings with participant & sp's	Team Consultants
	4:15 - 5:00	Shuttle to Hotel	Everyone
	6:30 - 9:00	<u>Dinner with Teams & Continuation Ceremony</u>	Participants, SP's & Staff
			Saturday