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FIGHTING DIRTY TO END MS

MUCKFEST MS 5K MUD AND FUN RUN COMES TO ILLINOIS

BY TAREK WILEY

“LIFE IS TOUGH. THIS IS FUN.”

That’s the motto of MuckFest MS, the National Multiple Sclerosis Society’s newest fundraising event, taking place at 10 locations across the U.S., including the inaugural Chicago area event in Lockport, Ill., on Saturday, Aug. 23.

Unlike other mud runs that stress the toughness of their courses, MuckFest MS is all about the fun. The event sends runners of varying athletic ability on a messy, obstacle-packed 5K jaunt designed specifically to cover them in mud and keep them laughing from start to finish.

“MuckFest MS is an awesome opportunity to get dirty and have fun raising awareness for a disease that can be messy at times,” said Angelena Colon, who participated in MuckFest MS in Indianapolis last year.

Angelen, a resident of Antioch, Ill., was diagnosed with MS in May of 2012 after experiencing a numb, tingly sensation throughout her body that affected her ability to walk.

“Being diagnosed with MS can be challenging at times, but embracing the idea of making others aware is inspiring,” said Angelena. “I want to educate others and advocate for those dealing with MS, and MuckFest is a great way to do it.”
Jessie’s father, Tom, was diagnosed with MS before she was born, so she never knew him without the disease. MS was a fact of life for the LaFrees, but it was one that didn’t define their lives. They never let MS stop them from doing the things they loved, even as Tom’s MS progressed.

“I would say that my experience with MS was as good an experience as it could have possibly been,” said Jessie. “I look back so fondly on my childhood that it’s hard to imagine applying any ‘MS what ifs’ to our situation.”

The LaFrees embody the very spirit of MuckFest MS with their positivity and unwavering dedication to living life to its fullest. It’s a state-of-mind that Jessie grew up with, seeing in her father that life is what you make it.

Tom LaFree passed away in May of 2012, but Jessie and her family continue to honor his memory in all that they do.
“My dad was a very determined guy, and he was going to do what he wanted to do one way or another,” said Jessie. “He didn’t let MS stop him.”

Angelena can relate. She refuses to let her diagnosis change the way she lives her life and believes that her MuckFest MS experience in many ways mirrors that outlook.

“I conquer the obstacles and mud the same way I am conquering MS: one step at a time,” said Angelena. “Each obstacle brings on a different challenge, but all are possible to overcome and move forward from. MS can be messy just like the mud pits, but I am still the same person I have always been.”

On its surface MuckFest MS is a hilarious romp through more than 15 outrageous obstacles, but beneath the mud and laughs lies an even greater purpose: 100 percent of the funds raised by participants will directly benefit the National MS Society and its mission to bring an end to MS.

“As a person living with MS, it is truly inspirational to see so many people come together to support the efforts of the National MS Society,” said Angelena. “The entire day was filled with gratitude and support from people I knew as well as complete strangers who cheered me on through every obstacle. I left the event knowing that I wanted to come back again because my heart was touched by the efforts of everyone involved.

On August 23, Angelena and Jessie will once again join their families and friends at MuckFest MS for a truly unforgettable day of fun.

“The entire day was a favorite memory of mine,” recalled Angelena. “I enjoyed the excitement before the race, running through the mud pits, laughing as we conquered the obstacles, donating our mud drenched shoes, watching my nephews play in the Lil’ Muckers pit, chowing down on some delicious food after the race, and seeing all the people there to support the cause.”

The event kicks off at 8 a.m. at the Legacy Paintball & Airsoft Park (2807 Canal St.) in Lockport, with participants entering the course in pre-assigned waves. Participants will be rewarded for their efforts with a free T-shirt, a refreshing beer (or soda) and a tasty snack in the MuckFestival area, where they can relive all the spills and thrills of the day. Even kids can get in on the action in the Lil’ Muckers play area.

For more information, or to form a team, register as an individual, or donate online, contact Charlie Blazevich at 312.423.1144 or at charles.blazevich@nmss.org, or visit muckfestMS.com. Participants are encouraged to fundraise to create a world free of MS.
NEW RESEARCH ON WELLNESS AND LIFESTYLE

One of the National MS Society’s priorities is to drive research on wellness and lifestyle, where advancements could make a difference in the quality of life for people living with multiple sclerosis. These studies are also offering clues to risk factors that could help determine who is more likely to develop MS, which could lead to preventive strategies to end MS forever.

EXERCISE AND MEMORY

Aerobic exercise has been shown to increase the volume of an area of the brain associated with memory, called the hippocampus, so Victoria Leavitt, PhD, of the Kessler Foundation Research Center in West Orange, N.J., and her colleagues conducted a small pilot study to determine the effects of aerobic exercise on two people with MS who experienced memory impairment.

One person was randomly assigned to an aerobic exercise program involving stationery cycling, and the other was assigned to a non-aerobic exercise program of stretching. Each program consisted of three 30-minute sessions per week for 12 weeks. Before and after the program, MRI images were taken to assess the size of the hippocampus; functional MRI images were taken to assess real-time brain activity; and memory assessments were also conducted.

The researchers found that aerobic exercise resulted in a 16.5% increase in hippocampal volume, a 53.7% increase in memory and a significant increase in hippocampal activity. No significant changes occurred in the person doing nonaerobic exercise. (Neurocase, published online October 4, 2013) These preliminary results need further confirmation, but are in line with an emerging body of evidence showcasing the potential of exercise to provide broad benefits for people with MS. The Society is funding several studies exploring the potential benefits of exercise, including a trial of aerobic exercise as a strategy to treat cognitive dysfunction.
FATTY FISH AND MS

Fatty fish, such as herring, mackerel, tuna, salmon and trout, are a major source of vitamin D, which has been associated with decreased MS risk. Maria Bäärnhielm, PhD, and colleagues from the Karolinska Institutet in Stockholm studied whether fatty fish intake was associated with whether or not a person develops MS. They looked at a sample of 1,879 people with MS and 4,135 people without the disease; both groups had answered questionnaires as part of the Epidemiological Investigation of MS, a study comprising Swedish-speaking subjects between ages 16 and 70 from certain areas of Sweden.

The team analyzed survey answers concerning fatty and/or lean fish intake, sun exposure and other factors, as well as blood samples to analyze vitamin D levels. They found that frequent fatty fish intake was associated with decreased occurrence of MS and that no significant association was found between intake of lean fish and MS. Among 1,178 people with MS and 1,410 without MS for whom blood samples were available, vitamin D levels were higher in those with high fatty fish intake. This work was supported by the Swedish Medical Research Council and other agencies. (*Multiple Sclerosis Journal, published online October 24, 2013*)

This study adds to the growing body of research suggesting the possible benefits of vitamin D for people with MS and the role of vitamin D in lowering risk of developing MS. A Society-funded clinical trial of vitamin D supplementation is ongoing in people with relapsing-remitting MS. Read more about vitamin D research at nationalMSsociety.org/vitaminD.

LOOKING AT LIFESTYLE

The Ausimmune Study, partly funded by the Society with the National Health and Medical Research Council of Australia and others, was launched to investigate whether increased exposure to sunlight and vitamin D may be protective against MS in people who had not yet been diagnosed with MS, but who had experienced a first neurologic episode that often leads to MS (called CIS, or clinically isolated syndrome).

Anne-Louise Ponsonby, PhD (Murdoch Childrens Research Institute, Melbourne) and her colleagues used information from this unique study to research whether various lifestyle factors were associated with the development of CIS, including current and past tobacco, marijuana and alcohol use, physical activity patterns, blood pressure and body measurements. They found that risk of developing a CIS increased by 79% in people who had ever smoked, lending further evidence to the harmful effects of smoking in people with MS. None of the other factors in the study were associated with increases in risk. (*Multiple Sclerosis Journal* 2013;19:1717).
After the Society’s webcast, Promising MS Research to Repair, Protect and Restore the Nervous System (nationalMSsociety.org/webcasts), we sat down with Dr. Rhonda Voskuhl, MS program director at the University of California, Los Angeles, to discuss the work her lab is doing in the area of neuroprotection.

**Could you explain how neuroprotective therapies would be different from the therapies we have now?**

The therapies we have now were designed based on our understanding of the immune attack that occurs in multiple sclerosis, where immune cells attack the brain and spinal cord. They have been successful in that they reduce relapses by half or more, but they don’t halt permanent disability accumulation.

Neuroprotective therapies would target cells in the brain and spinal cord, namely neurons, oligodendrocytes and astrocytes (important cells in the brain) to build up their resistance to or protection from an immune attack. The neuroprotective therapies may have minimal effect on relapses, but would likely have a great impact on permanent disability accumulation – and they may even cause some reversal or improvement in disability.

We’ve studied several mechanisms involved in neurodegeneration (nerve destruction), as well as cells related to that process. We also have focused a lot on sex hormones. Estrogen (in females) and testosterone (in males) can be very neuroprotective and directly affect brain cells. We’ve completed several preclinical studies as well as two clinical trials in sex hormones, and we have two additional ongoing trials, with another trial planned.

**We’d love to hear more about the research exploring sex hormones in men.**

Eventually, there may be a common theme between women and men in the sense that testosterone is naturally converted to estrogen in the brain. Therefore, if you treat women with estrogen and men with testosterone, you could end up in the same place – binding to estrogen receptors in brain cells to cause protective effects.

Specifically related to testosterone in men, we’ve done extensive preclinical work and have seen much improvement in both walking...
and cognitive outcomes, which included neuroprotective mechanisms. In a small pilot clinical trial, we gave testosterone to men with MS and found a 67 percent reduction in the whole brain atrophy rate, as well as an improvement in their cognitive testing. In a paper published this year in *Neuroimage Clinical*, our collaborator Dr. Allan Mackenzie-Graham found that the slowing of brain atrophy in this trial was due to both a halting of cerebral cortical gray matter atrophy and also some gray matter gain or restoration during testosterone treatment.

We are now hoping to follow that study with a larger study we just submitted to the National Institutes of Health. With up to 25 sites across the U.S., this would be a much larger study of 110 men with MS and will be placebo controlled. We will be looking for improvements in outcomes that are very important for disability and cognition in men with MS.

Testosterone may have several other positive side-effects in men with MS – it’s known to improve muscle mass and muscle strength, improve bone density, decrease fatigue, and improve cognition in older men going through andropause. In addition, this trial will provide valuable information about the safety of testosterone supplementation for men with MS.

**ARE YOU SEEING SIMILAR RESULTS RELATED TO COGNITION IN WOMEN WITH ESTROGEN SUPPLEMENTATION?**

We have an ongoing trial of estriol, the safest of the estrogens, which is present during pregnancy. We are still enrolling participants in this trial with sites at University of California, Los Angeles, Colorado, New Mexico and University of Pennsylvania. This study is very similar to the study of testosterone in men – however it will have cognition as the primary outcome.

We also have another study exploring estrogen’s potential effect on relapses in women with MS. Preclinical data has shown that, in addition to being neuroprotective, estriol is also anti-inflammatory. On the other hand, testosterone appears to be only modestly anti-inflammatory, but appears to be more dramatically neuroprotective.

**WHAT EXCITES YOU MOST ABOUT THIS AREA OF RESEARCH?**

We know that pregnancy is good for MS, and that estrogen is high during pregnancy. We also know that men don’t get MS as often, and when they do, it is often later in life when their testosterone has begun to drop. So we’re taking something that we know is clinically significant and relevant to people with MS, and then trying to figure that out. It’s a different approach that starts with people with MS and then asks, “What phenomena are going on here that we don’t understand? Can we figure it out? And can we capitalize on it?” It will involve many molecules and many mechanisms because it’s a dramatic clinical effect that we’re trying to understand. And I think that’s why treatments using this approach will work – they’ll work through many mechanisms rather than one.

Originally published on [MSconnection.org/blog](https://msconnection.org/blog).
MONEY MATTERS
ACCESSING HEALTH INSURANCE

BY JOHN R. O’NEAL II

Since my diagnosis of multiple sclerosis in 1997, I have been mostly uninsured. This can be extremely expensive. Thankfully, I have been able to receive my disease-modifying therapy (DMT) at a reduced cost through a patient assistance program.

For me, the Affordable Care Act (ACA) means a chance to finally be able to afford insurance. Before the law was passed in 2010, my MS was considered a pre-existing condition, making insurance completely unaffordable or unavailable. The ACA now prohibits insurers from discriminating against people with pre-existing conditions. Because of these changes, I can now afford insurance for the first time in 17 years.

When the Health Insurance Marketplace launched on healthcare.gov, like many others, I had a pretty frustrating experience. So I decided to broaden my search to individual insurance company websites, where I found one with a policy that covered my doctors.

The same day, I received a letter from my patient assistance program, advising me that they had people who could help me with the application process and that I could call them directly for support. So the information is out there — you may just have to do a little digging. While I am still facing issues about getting my DMT covered (visit MSconnection.org/blog to read my updates on my progress in that area), the best news is that once I had the right information, I could return to healthcare.gov and enroll in the plan I wanted. Despite the challenges, I’m beyond excited to finally have health coverage.

John R. O’Neal II lives in Nebraska where he is a member of the National MS Society’s Government Relations Committee.

Originally published on MSconnection.org/blog.

Call 1-800-344-4867 for more information about the ACA and how to enroll. Share your own experiences with enrolling in health insurance at MSconnection.org.
LIVING WITH MS

LEARN TO BE FALL FREE

BY KELLY JO TULLBERG AND JENNIFER PHILP

Are you feeling more unstable on your feet, using a wall or furniture to help with balance? Does the thought of going down a flight of stairs make you especially nervous? Do you cancel plans because you are afraid you might fall in public?

BESIDES THE PHYSICAL IMPACT, FALLING CAN LEAD TO A LOSS OF INDEPENDENCE, LOSS OF CONFIDENCE AND SOCIAL ISOLATION.

Society blogger Julie Stachowiak, PhD, an epidemiologist who also lives with multiple sclerosis, understands how you feel. “Falls separate us from ‘healthy people’ in a very literal way,” she writes at MSConnection.org/blog. “We are completely alone in that moment when we hit the floor.” However, research shows that many individuals living with MS experience falls.

A 2011 survey among adults diagnosed with MS reported that 60% of individuals have fallen, with many of them experiencing multiple falls in the past six months. Besides

the physical impact, falling can lead to a loss of independence, loss of confidence and social isolation brought on by both physical limitations and fear of future falling.

There are several reasons people with MS may fall. Incoordination and weakness may contribute to fall risk, as can dizziness or vertigo—all common MS symptoms. Drop foot, another MS symptom, can cause someone to stumble on flat surfaces or trip when stepping up a curb or stair. And the neurological damage caused by MS can affect how the brain perceives the movement and position of the body, which affects in turn
how quickly someone reacts to an obstacle. Furthermore, other factors, such as clutter, poor lighting, uneven surfaces, and medications with side-effects such as drowsiness, also increase the risk of falling.

CLUTTER, POOR LIGHTING, UNEVEN SURFACES, AND MEDICATIONS WITH SIDE EFFECTS SUCH AS DROWSINESS ALSO INCREASE THE RISK OF FALLING.

To help people living with MS address falling issues, the National MS Society developed Free From Falls, a comprehensive fall prevention program. In the 8-week program, participants:

- Learn what can contribute to falls;
- Identify strategies to use to prevent falls;
- Develop a fitness plan to improve balance, endurance, strength, and mobility; and
- Increase their confidence about how to avoid and manage falls, if they occur.

Call an MS Navigator at 1-800-344-4867 to request the DVD and accompanying brochure, and to find a fall prevention program near you. Visit nationalMSsociety.org/freefromfalls to learn more about fall prevention. And remember that you are not alone.

Kelly Jo Tullberg and Jennifer Philp are Society staff members. Originally published in MSConnection, South Central edition.

CENTENNIAL SEATS ON DISPLAY

To celebrate 100 years of Wrigley Field, the Greater Illinois Chapter and other local charities have partnered with Chicago Cubs Charities on the Centennial Seats Program. The Chapter hand-painted a set of custom-made Wrigley Field seats that are now on display on Michigan Ave., in Chicago (just north of Ontario St.). All chairs are being auctioned off, with proceeds benefiting each organization and Cubs Charities. To see the chairs and participate in the auction, go to WrigleyField100.com, find the map, locate our seat, and bid online at cubs.com/chairs.
PROGRAMS

SCHOLARSHIP RECIPIENTS ANNOUNCED FOR 2014

The Greater Illinois Chapter is excited to announce 15 new recipients of $1,000 college scholarships through its annual Scholarship Program. The 2014 MS scholarship recipients are the following:

- Cody Bresnahan, of Minooka
- Sarah Callison, of Aurora
- Madison Corradi, of Arlington Heights
- Gregory Cox, Jr., of Havana
- Jennifer Emmert, of Lombard
- Makenzie Hayden, of Greenup
- Sean Moore, of Bloomingdale
- Allison Pales, of Oswego
- Angela Polakowski, of Chicago
- Andrew Posegay, of Glen Ellyn
- Kevin Rychel, of Gurnee
- Addison Schwaller, of Sheridan
- Emily Silberman, of Deerfield
- Taylor Spooner, of Aurora
- Melinda Troyka, of Carol Stream

The program helps students affected by multiple sclerosis pursue a college or technical school education. It is open to high school seniors who live with MS or have a parent who does, or to anybody living with MS who has not yet been to a post-secondary school.

In addition to the emotional toll, MS can have a substantial financial impact on a family. The direct and indirect costs of MS, including lost wages — even for those with health insurance — are estimated at more than $70,000 annually per household. This makes funding a college education that much harder.

“My mom has fought through her MS every step of the way,” explained Madison Corradi in her scholarship application essay. “Five years ago, she graduated with her doctorate, teaching me that there is never a time to stop learning, no matter our circumstance. I want to use my education to find a way to give back to all of the amazing parents and loved ones affected by this disease.”

PROGRAM CONTINUES TO GROW ACROSS THE COUNTRY

The Society established its scholarship program 11 years ago, and it immediately became a source of great encouragement for families concerned that MS might put college out of reach. This year, over $1.1 million in awards was presented to over 700 new and renewal recipients nationwide. Applications are evaluated on financial need, academic record, leadership and volunteer activities, a statement of educational and career goals, and letters of recommendation. Scholarships range from $1,000 to $3,000 and typically cover one year, although a limited number of awards may exceed this amount.

Information about scholarships for 2015-16 will be available on the National MS Society website on Oct. 1. For more information, call 1-800-344-4867 or visit nationalMSsociety.org/scholarship.
PROGRAMS

PEORIA AREA TO HOST TWO UPCOMING MS EVENTS

REGIONAL RESEARCH SYMPOSIUM – SATURDAY, AUGUST 23
PAR-A-DICE HOTEL, 21 BLACKJACK BLVD., E. PEORIA
9 A.M. – 12:30 P.M.

For the past eight years, the Greater Illinois Chapter of the National MS Society has provided those affected by MS — both directly and indirectly — with the annual Regional Research Symposium. Hosted in collaboration with the Illinois Neurological Institute, the Regional Research Symposium provides attendees with the latest trends and information regarding MS research, featuring local clinicians and researchers.

This year’s keynote speaker is Robert W. Motl, Ph.D., Associate Professor in the Department of Kinesiology and Community Health at the University of Illinois Urbana-Champaign. Dr. Motl has more than a decade of experience in the field, observing the effects of physical activity in people with neurological disorders such as MS. He will be presenting, “The Changing Landscape of Rehabilitation Research in MS: Influence of Illinois Researchers.”

Other symposium highlights include a vendor expo area, a presentation on research briefs on new approaches to managing MS, and a question and answer session featuring a panel of experts. The regional symposium is free of charge and open to all individuals who are interested in learning about the latest news in MS research. For more information or to register, go to MSillinois.org or call 1.800.344.4867.

WALK MS – SUNDAY, SEPTEMBER 7
JUNCTION CITY, 5901 N. PROSPECT RD., PEORIA
REGISTRATION OPENS AT 11:30 A.M.
WALK BEGINS AT 1 P.M.

Junction City will once again host Walk MS Peoria, turning their parking lots into an energetic festival site for the hundreds of event participants. Route options range from 1 to 3 miles. Walk MS, which takes place at 11 sites in the spring and two locations in the autumn, is the largest annual fundraiser of the Greater Illinois Chapter and serves as the rallying point for the movement to end MS. The other autumn Walk takes place in Urbana at W. Windsor Road & S. Race St.

“Junction City is honored to host and support Walk MS Peoria,” said Brittany Michael, Executive Assistant Manager at Junction Ventures. “We are excited that the event is returning to our location, and we feel it is the perfect environment for the community to raise funds for a great cause. We look forward to participating and assisting in the event. Be on the lookout for Team Junction City, who will be walking in honor of all those living with MS.”

For more information about the autumn Walk MS events, to register, form a team, or volunteer, visit WalkMSIllinois.org.
When were you diagnosed with multiple sclerosis, and did this diagnosis affect your life at the time?

**Nelson:** I was diagnosed with MS in January of 2011. In the beginning, the illness hit me very hard. I could not go back to work and the medical bills piled up quickly, so I had to sell my personal possessions, including my car and my apartment. Because of this, I decided to move back in with my family. This was very hard for me because I’ve been working and on my own since I was 18, and I felt helpless and hopeless.

As a veteran, how has the V.A. helped you to deal with your diagnosis? Have they provided you with other resources specific to veterans living with MS?

**Nelson:** The Veterans Health Administration has been a blessing. I am so glad that they have been there for me. All of my medical benefits are covered 100 percent — I only have to pay for my prescriptions. The doctors are always incredibly helpful.

Every time I visit the V.A. hospital, I find more and more resources to assist me. Once my benefits were approved, I was given access to a dedicated resource website, which I have used quite a bit.

How did you first hear about the National MS Society, and when did you get involved with the Greater IL Chapter?

**Nelson:** I first heard of the NMSS when I lived in Louisville, Ky. I found an organization called the MS Center based out of the Norton Hospital, and they were very helpful in many ways. In August of 2012, I moved back to Illinois and started searching for something like them in the area. I found out about the Greater Illinois Chapter, and I reached out to them for local resources.

What NMSS events and programs have you taken part in, and which have been most helpful in coping with your diagnosis? Are you looking to get more involved in the future?

**Nelson:** I’ve taken part in the MS Walk in Palatine (Walk MS Northwest Suburbs) for the last two years, and I really enjoy fundraising for the event. I also attend two support groups that meet near my home, both of which are very helpful. I’m very keen on going back to school or going back to work with MS. I’d also like to find different activities to help raise awareness in my area.

The Greater Illinois Chapter is working to create an outreach program for veterans living with MS in Illinois. If you are a veteran living with MS, please become a member of our contact registry by calling the Information Resource Center at 1-800-344-4867.
TO ALL OUR BIKE MS SPONSORS AND PARTICIPANTS, WE WOULD LIKE TO SAY THANK YOU FOR MAKING 2014 A GREAT SUCCESS.

SAVE THE DATE FOR BIKE MS 2015 - JUNE 27 & 28
BIKEMSILLINOIS.ORG

THANK YOU TO ALL OUR SPONSORS & PARTICIPANTS OF WALK MS 2014.

SAVE THE DATE FOR OUR PEORIA & URBANA WALKS SUNDAY, SEPTEMBER 7, 2014
WALKMSILLINOIS.ORG
Mailing Label Changes
Please check the appropriate box below, correct the label then return to National MS Society, Greater Illinois Chapter

☐ Name change or misspelled
☐ Address change
☐ Remove from mailing list
☐ Received more than one copy
☐ To cut costs for the Greater IL Chapter, I will download an electronic .pdf from their website.
   Please remove me from this mailing list.

Did you know that volunteering is good for your health?
According to the Corporation for National & Community Service (2007), benefits of volunteering are not limited to recipients of services. Volunteer activities can also strengthen social ties that lead to a sense of greater self-worth and trust. Start volunteering today and be well!

Come and have a great time volunteering while making a difference in the lives of people living with MS. Call 1-800-344-4867 or sign up online for these upcoming events:

- MS Slugfest, Aug. 9 (Chicago) MSslugfest.org
- MuckFest MS, Aug. 23 (Lockport) MuckFestMS.org
- Walk MS, Sept. 7 (Peoria & Urbana) WalkMSillinois.org
- Research Symposium, Oct. 18 (Rosemont) volunteerillinois@nmss.org

Stay connected! Join the Volunteer Group on Facebook at facebook.com/groups/MSGreaterILVolunteers.

SAVE the DATE

MS³ SLUGFEST
CHICAGO - AUGUST 9, 2014

MUCKFEST MS
LOCKPORT, IL - AUGUST 23, 2014

REGIONAL RESEARCH SYMPOSIUM
PEORIA, IL - AUGUST 23, 2014

DINNER OF CHAMPIONS
CHICAGO - SEPTEMBER 23, 2014

RESEARCH SYMPOSIUM
ROSEMONT, IL - OCTOBER 18, 2014

Go to our website for updates on these and other upcoming events at MSillinois.org.