

# “MAKING OUR INVISIBLE DISABILITIES VISIBLE”

*for people impacted by or interested in*

**Fibromyalgia (FM), Myalgic Encephalomyelitis (ME), Chronic Fatigue Syndrome (CFS)  
Multiple Chemical Sensitivity/Environmental Sensitivities (MCS/ES)**

*For Daylight Time Zones: Newfoundland (+1.5h); Atlantic(+1h); Central (-1h); Mountain (-2h); Pacific (-3h)*

**MONDAY, OCTOBER 19, 2020 1:00PM – 4:30 PM EDT PART 1 of 3**

**REGISTER AT: [https://us02web.zoom.us/webinar/register/WN\\_159MihhFSie8oYewheIT5A](https://us02web.zoom.us/webinar/register/WN_159MihhFSie8oYewheIT5A)**

EDT	WHAT'S HAPPENING?
1:00pm	<b>WELCOME:</b> Purpose of Event, Ground Rules (10m)
1:10pm	<b>GETTING CENTRED:</b> Meditation Exercise with <b>Kelly Renaud</b> (10m)
1:20pm	<b>STRETCHING ACTIVITY:</b> Gentle Yoga with <b>Andrea Pearson</b> (30m) <i>[Standing or Seated]</i>
1:50pm	<b>CHRONIC PAIN AND INVISIBLE DISABILITIES: WHEN SYMPTOMS ARE PERSISTING, IT MEANS THE CORRECT TREATMENTS ARE MISSING</b> (75m) <i>Speaker: Dr. Bryan Rade, East Coast Naturopathic Clinic, Nova Scotia</i>
3:05pm	<b>PERSPECTIVES with Peer Q&amp;A:</b> The Realities of Living with An Invisible Disability (30m) <ul style="list-style-type: none"><li>• <b>Jeanne Samonas</b>, Toronto, Ontario (has FM, ME, MCS)</li><li>• <b>David Wilson</b>, London, Ontario (has FM)</li></ul>
3:35pm	<b>PEER-LED CHAT ROOM: All About MCS/ES</b> (45m) with Special Guest: <b>Marie LeBlanc</b> , Artist/Advocate
4:20pm	<b>WRAP UP:</b> Relaxation Breathing Exercise with <b>Terry Lynn Clarkin</b> (10m)

**WEDNESDAY, OCTOBER 21, 2020 1:00PM – 4:30PM EDT PART 2 OF 3**

**REGISTER AT: [https://us02web.zoom.us/webinar/register/WN\\_AVzSNyh8ST2mcl3qIWjSNA](https://us02web.zoom.us/webinar/register/WN_AVzSNyh8ST2mcl3qIWjSNA)**

EDT	WHAT'S HAPPENING?
1:00pm	<b>WELCOME:</b> Purpose of Event, Ground Rules (10m)
1:10pm	<b>GETTING CENTRED:</b> Meditation Exercise with <b>Kelly Renaud</b> (10m)
1:20pm	<b>COPING ACTIVITY:</b> Presenting Tai Chi movements, which can be done standing, sitting, or lying down. <b>Susan Katz</b> (30m)
1:50pm	<b>PERSPECTIVES with Peer Q&amp;A:</b> Caring for Someone with An Invisible Disability (30m) <ul style="list-style-type: none"><li>• <b>Rhonda Gilby</b>, London (primary caregiver for 2 adult daughters, 38 &amp; 32 diagnosed with FM)</li><li>• <b>Doug Pickett</b>, Toronto (spouse has MCS, ME, FM)</li></ul>
2:20pm	<b>IMPROVING HOW WE UNDERSTAND AND MANAGE CHRONIC PAIN IN CANADA</b> (75min) <i>Speaker: Dr. Norman Buckley, Scientific Director, Michael G. DeGrootte Institute for Pain Research and Care, McMaster University</i>
3:35pm	<b>STRUGGLING TO BE SEEN AND BELIEVED: Tips &amp; Tricks For Making LTD Claims For Invisible Conditions</b> (45m) with <b>Courtney Mulqueen</b> , Lawyer, MK Disability Lawyers, Ontario
4:20pm	<b>WRAP UP:</b> Relaxation Breathing Exercise with <b>Terry Lynn Clarkin</b> (10m)

**ZOOM Event ♦ FREE ♦ Everyone Is Welcome ♦ Advance Registration Required**

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**SATURDAY, OCTOBER 24, 2020      12:30PM – 4:00PM EDT      PART 3 OF 3**

**(Please note start time change)**

**REGISTER AT: [https://us02web.zoom.us/webinar/register/WN\\_rEWJ7lMAQxmeyEBqpLqJYQ](https://us02web.zoom.us/webinar/register/WN_rEWJ7lMAQxmeyEBqpLqJYQ)**

<b>EDT</b>	<b>WHAT'S HAPPENING?</b>
12:30pm	<b>WELCOME:</b> Purpose of Event, Ground Rules (10m)
12:40pm	<b>GETTING CENTRED:</b> Meditation Exercise with <b>Kelly Renaud</b> (10m)
12:50pm	<b>THE IMPACT OF SYMPTOMS EXPERIENCED WITH INVISIBLE DISABILITIES:</b> Video Clip: What Are Your Most Challenging Symptoms? (1:57m) <a href="https://vimeo.com/312048436">https://vimeo.com/312048436</a> Video Clip: Impact of Symptoms (3:22m) <a href="https://vimeo.com/312045619">https://vimeo.com/312045619</a>
1:00pm	<b>ADVANCES IN CANADIAN MEDICAL RESEARCH STUDIES &amp; CLINICAL TRIALS</b> (120m) Guest Panel Speakers: (each given 15m to present on topic) <ul style="list-style-type: none"><li>• <b>Dr. Alain Moreau</b>, Director, Interdisciplinary Canadian Collaborative Myalgic Encephalomyelitis Research Network (ICanCME)</li><li>• <b>Dr. Karim Khan</b>, Scientific Director, Institute of Musculoskeletal Health and Arthritis (IMHA), Canadian Institutes of Health Research (CIHR)</li><li>• <b>Dr. Riina Bray</b>, Medical Director, Environmental Health Clinic, Women's College Hospital-Toronto</li></ul>
3:00pm	<b>PEER-LED CHAT ROOM: Coping with FM-ME-CFS-MCS/ES Symptoms</b> (45m) with Personal Storytellers: <ul style="list-style-type: none"><li>• Mario Dominique, North Bay, Ontario</li><li>• Michele Brown, Calgary, Alberta</li><li>• Sabrina Poirier, Halifax, Nova Scotia</li></ul>
3:45pm	<b>WRAP UP &amp; THANK YOUs:</b> Video Clip: Keeping Hope Alive (2:21m) <a href="https://vimeo.com/312047404">https://vimeo.com/312047404</a>

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