

**The Multiple Sclerosis Society/ The MS Trust  
and  
Guernsey Health and Social Services**  
**Channel Islands MS Conference**

Les Cotils, Christian Retreat and Conference Centre, Guernsey

***'Challenging MS'***

***Saturday 3<sup>rd</sup> October 2009, 9.30am – 4.00pm***

We would like to invite you to an interesting and informative day  
for people who have MS, their carers and families.

This will be great opportunity to learn more, meet other people with MS, relax and make  
new friends

We have put together a very varied programme including

- Specialised workshops
- Lectures from UK speakers inc "shrinking the monster"

There will be an opportunity to ask questions and a wide range of information will be  
available to help increase your knowledge and understanding of MS.

This day is a free event with lunch, coffee and tea provided over the day

A room will be set apart for those who wish to take 'time out' to sit and rest at any time.

You can stay for the whole day or just drop in!

However, we do ask that you return the booking form as soon as possible,  
so that we have some idea of the numbers for catering and seating.

For more information please call Debbie Robilliard on 725241 ex 2263

**Booking Arrangements**

If you would like to attend the above event  
please fill in the attached form and return to the address below

by Friday 11<sup>th</sup> September

**Debbie Robilliard**  
**King Edward VII Hospital,**  
**Rue de la Perruque, Castel**