

Registration (due by November 5th)

Please mail this form with your payment (checks payable to MGA) to MGA, 490 E. North Ave., Suite 410, Pittsburgh, PA 15212 OR call 412-566-1545 to pay by credit card.

Name _____

Address _____

Phone _____

Dietary restrictions, if any _____

Wheelchair seating, mobility assistance or other special needs _____

The registration fee includes continental breakfast, lunch, and all seminar materials.

\$10 - per person for Myasthenia Gravis patients, their caregivers or family members

\$20 - general public

___ I am an MG patient, caregiver or family member

___ Number of people attending

___ Credit Card ___ Check \$___ Total Payment

___ Master Card ___ Visa ___ Discover

Card # _____

Expiration date _____

Name on card _____

Signature _____

490 East North Avenue, Suite 410
Pittsburgh, PA 15212-4772

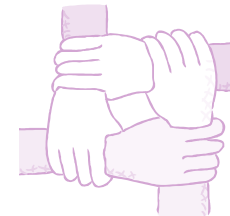


YOU ARE CORDIALLY INVITED TO ATTEND



Finding Your Inner Strength

MGA Educational Seminar and 57th Annual Meeting



Saturday, November 10, 2012
9:00am ~ 2:00pm
AGH Magovern Conference Center
Magovern Auditorium

Special Guest ~ Jennifer Antkowiak
KDKA TV 2 News Anchor

Finding Your Inner Strength

This event is geared to MG patients and their caregivers/family members, as well as anyone who wants to improve their wellness, balance, and strength.

SCHEDULE

9:00 a.m. Registration/Continental Breakfast

9:30 a.m. Welcome **George A. Small, MD**

9:45 a.m. *Making the Connection*

Zumba Demonstration (Regular & Modified)

Jennifer Antkowiak

10:30 a.m. *Staying Strong Despite Your Muscle Weakness*

~ A Personal & Medical Perspective

Mary K. Wehling, RN, MSN

Kathy A. Clouse, RN-BC, MSN

11:00 a.m. Break

11:15 a.m. *What's New in MG Research & Treatment*

George A. Small, MD

11:45 a.m. *Gentle Exercise*

Tai Chi Overview & Demonstration

Gurney Bolster, M.A.

Tai Chi Instructor, WPAHS

Laughter Yoga Overview & Demonstration

David Russell, M. Ed.

Certified Laughter Yoga Instructor

12:30 p.m. Lunch

1:30 p.m. MGA Annual Meeting

Door Prizes Awarded

Special Guest

Jennifer Antkowiak

KDKA TV2 News Anchor,
and mom, caregiver coach, author,
entrepreneur, fitness instructor



Jennifer Antkowiak has a 20-year career as a beloved, award-winning television news anchor, most of which has been spent at Pittsburgh's historic KDKA-TV. She is well-known for her ability to connect with viewers, making people feel as though they're home with a friend or family member.

Jennifer currently anchors KDKA's weekday morning newscast. She also founded a business called Jennifer Cares which provides information that makes life easier for women, families, and caregivers. Recently, Jennifer developed Caregiver at Work, a corporate wellness program aimed at creating a healthy, productive workplace.

Jennifer's passionate mission to help caregivers is fueled by personal, life changing experiences. She learned about caregiving and the effects of long-term illness on a family at a young age when her mom was diagnosed with post-partum depression and later died of a heart attack. Years later, Jennifer was the primary caregiver for her mother-in-law and father-in-law, who both died of cancer.

Through her TV segments, books, workshops, and more, Jennifer teaches people how to break through barriers like time, money and guilt, and commit to taking care of themselves while they're taking care of others. Her love of dance and fitness also connected her with Zumba fitness, and after taking classes for six years, Jennifer is now a licensed Zumba instructor. She loves to share with others the stress relief, weight loss, and fun it brings. She teaches public and private/corporate classes, and is now working on her license to teach Zumba classes to children.

Jennifer and her husband Joe have five children. They live in the eastern suburbs of Pittsburgh.

Find out more at www.jenniferCares.com
and www.CaregiverAtWork.com

About the Presenters

George A. Small, MD

Medical Director, Myasthenia Gravis Association of WPA
Director, EMG Laboratory and Neuromuscular Services
Program Director, Clinical Neurophysiology Fellowship
Dr. Small has been an attending neurologist at Allegheny General Hospital for 19 years. He completed his adult neurology training at The Neurological Institute of New York of Columbia Presbyterian Medical Center, NY, NY. in 1992, and a clinical neuromuscular fellowship at the same institution in 1993 before coming to Pittsburgh. He lives in O'Hara township with his wife, Linda, and his daughter, Sarah. Dr. Small's mother, Dorothy, joined the family, moving from New York in 1994.

Kathy A. Clouse, RN-BC, MSN

Director, Nursing & Clinical Education, WPH

Throughout her 30 year career, Ms. Clouse has held a variety of positions in nursing: administration, management and education. Diagnosed with MG in 1991, Ms. Clouse has continued to work fulltime believing that MG is just another challenge that has made her a better nurse and person. Volunteering to share her story at the MGA seminar is her way "of giving back" to others as they travel down the various roads and paths of MG.

Mary K. Wehling, RN, MSN

Director, Professional Practice, AGH

Ms. Wehling has held a variety of positions within her 26 years at Allegheny General Hospital. As a nurse, she worked in the SICU, Life Flight, Case Management and Information Technology. She holds a Master's Degree in Nursing Informatics and currently works in Nursing administration as the Director of Professional Practice. She volunteers at her church promoting health.

Gurney Bolster, MA, Dance/Movement Therapy

WPAHS Tai Chi Instructor

Ms. Bolster has taught dance and exercise to a wide variety of people for more than 30 years. Certified to teach the Arthritis Foundation Tai Chi Program, Tai Chi for Diabetes, and the traditional Sun Style of Tai Chi, Ms. Bolster teaches Tai Chi for Health classes through the Integrated Medicine Program of the West Penn Allegheny Health System and in numerous locations throughout the South Hills.

Dave Russell, M.Ed.

Certified Laughter Yoga Instructor

Mr. Russell has been a counselor in violence cessation for over 34 years and an instructor in Hasla (laughter) Yoga for five years. Mr. Russell considers his work with Fred Rogers in 1968 as a production assistant and assistant puppeteer on Mister Rogers Neighborhood an important influence on his career in early childhood education and family counseling. Currently retired from counseling, he is learning to play the ukulele, and devotes most of his energy toward promoting laughter as an important health practice.