



MG-MI Regional Health Summit & Resource Fair

Saturday, May 3, 2025



Welcome!

Thank you for joining us for our first MG-MI Regional Health Summit & Resource Fair. We hope your experience will be valuable and that you will find some new ways to *Live your Best Life with MG!*

Today's Schedule

- 9:00** Sign In & Visit our Partners
- 10:00** Welcome
- 10:15** Margaret Frey, DO, Chief of Neurology at Memorial Healthcare Institute for Neurosciences – “Living and Thriving with MG”
- 11:15** Exercise Physiology – Jerrell Redwine, MS in Exercise Physiology – “MG & Safe Exercise”
- 12:00** Lunch – Visit our Partners - Get a Shoulder Massage – Angelica Dye, LMT, Esthetician
- 1:00** Rosemarie Walch, DO, Neuroimmunologist at Memorial Healthcare in Owosso – “Help Me Help You – Advocating for Yourself and Your Safety”
- 2:00** Jill Frieling, GFL, Certified Yoga Instructor – “Benefits of Yoga for MG”
- 2:30** Closing Remarks - Visit our Partners



Margaret Frey, DO



Rosemarie Walch, DO



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