Interdisciplinary Research: Bridging the Gap Through Training, Networking and Teamwork

We are delighted to present the fifth edition of the endMS National Training Program’s Spotlight on the Future newsletter.

In this newsletter you will find articles on our graduating SPRINTers and their mentors, photos from the 2016 endMS Summer School, as well as a welcome message from next year’s hosts. For a sneak peek at what the 2017 Summer School will offer, go to page 8. Stay tuned for more information on the application process coming in December.

Beyond the program, many scholars continue to pursue a career in multiple sclerosis (MS) research. Take a moment to see what our SPRINT alumni are up to on page 10.

We extend a special thank you to Dr. Dessa Sadovnick and to Dr. Robert Carruthers for hosting the 2016 endMS Summer School (The Evolving Art and Science of Multiple Sclerosis Care) at the University of British Columbia, and to Michelle Eisner for coordinating the event.

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Forty trainees from across Canada attended and learned how emerging basic science and clinical breakthroughs in multiple sclerosis and neuromyelitis optica (NMO) are transforming patient care. The curriculum offered a comprehensive overview of the integration of science in MS and NMO into clinical practice, as well as talks on imaging, cognition, genetics and epidemiology. Trainees participated in career development sessions as well as sessions with people living with MS who generously shared their personal journeys and daily challenges.

The 2016 Summer School was intense, but very rewarding thanks to the professionalism and enthusiasm of the presenters, the volunteers and the attendees. Photos can be found on page 9.

Our graduating SPRINTers presented the results of their interdisciplinary projects at the Summer School in Vancouver. Nine new 2016-2017 SPRINTers were welcomed to the program and met with their SPRINT teams the day prior to the Summer School. SPRINT’s small, group-mentored, interdisciplinary learning projects complement the teams’ research skills and allow them to collaborate remotely while enhancing their knowledge of the disease and expanding their career network. As they work together towards the goal of a scientific outcome, alliances are forged along with opportunities for future collaborations.

If you are interested in becoming a SPRINT mentor or SPRINTer and/or would like to be added to the distribution list in order to receive competition notifications, or would like more information on the program, please contact us or visit our website at www.endmsnetwork.ca.

Congratulations and good luck to the graduating SPRINTers; do keep in touch! Warm thanks to the outgoing mentors who – although very busy with their own research careers and responsibilities – devote many hours to develop trainee projects and to guide the SPRINTers through their time in the program (and beyond!).

To our incoming SPRINTers and mentors, we wish you a great year and look forward to seeing you in St. John’s!

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DR. CHRISTINA WOLFSON
DIRECTOR, NATIONAL TRAINING PROGRAM

ANIK SCHOENFELDT
MANAGER, NATIONAL TRAINING PROGRAM
Karissa Canning obtained a Masters in kinesiology at York University in Ontario. Her research interests include how exercise can affect fitness, function and the general well-being of individuals living with multiple sclerosis (MS). Currently in her fourth year of her PhD at McMaster University, Karissa is conducting a randomized controlled trial in order to determine how best to implement the new physical activity guidelines for adults living with multiple sclerosis.

“My mother was diagnosed with multiple sclerosis 14 years ago and has been a wonderful role model with her positive mindset,” says Karissa. “She is the fire that ignites my passion, and my goal is to teach individuals living with MS the importance of engaging in regular physical activity so that they can have the quality of life they desire."

Along with her supervisor, Dr. Audrey L. Hicks, Karissa is working on a study that will establish the most effective approach to encourage exercise among MS patients aged 18 to 64 with mild to moderate disability.

“As a SPRINTer, Dr. Caprariello collaborated on a team study that explored the role of exercise to manage fatigue among people living with multiple sclerosis. “Fatigue is not only an epiphenomenon of multiple sclerosis, but also an early driver of the disease that impacts its progression,” he relates. “Through our project, we learned that physical exercise can be an important therapeutic tool.”

Having participated in two endMS Summer Schools, Dr. Caprariello gained a comprehensive overview of multiple sclerosis and received exposure to different aspects of MS research outside of his own area of expertise.

“It was an amazing experience to travel across Canada, and meet and work with researchers from a wide range of disciplines,” he says. “SPRINT is a unique and valuable program because it allows trainees to expand their knowledge of multiple sclerosis and build a strong network of contacts for the future."

Dr. Andrew V. Caprariello earned his PhD in physiology and biophysics at Case Western Reserve University in Cleveland, Ohio. He has longstanding interest in the neuro-pathology of multiple sclerosis (MS) lesions, particularly in their earliest stages, as a leverage point for recognizing the origins of MS pathology. Currently, Dr. Caprariello is a postdoctoral research fellow in the laboratory of Dr. Peter Stys at the University of Calgary’s Hotchkiss Brain Institute.

“My research involves applying advanced spectral imaging techniques in experimental models of multiple sclerosis in order to understand the cell and molecular mechanisms underlying MS lesions,” he explains.

Dr. Linda Carroll is a professor of epidemiology with a clinical background in clinical health psychology. Prior to becoming a full-time researcher at the University of Alberta, she was a practicing psychologist. Dr. Carroll is interested in psychosocial factors in chronic illnesses like multiple sclerosis (MS), and acute and chronic musculoskeletal disorders. Her research program uses quantitative, qualitative, mixed-methods and systemic review approaches to understand the role of coping, depression and resilience in these conditions.

“My mother lived with multiple sclerosis, so I have always had an interest in it,” says Dr. Carroll. “Opportunities arose such as meeting neurosurgeon Dr. Walter Hader in Saskatoon many years ago, before I joined the University of Alberta. This curiosity was reinvigorated in my work with my master and then doctoral student, Karen Turpin, who has a longstanding pursuit in MS and MS research.”

As a SPRINT mentor, Dr. Carroll oversaw a collaborative initiative that explored the differences in coping strategies among people living with multiple sclerosis.

Dr. Linda Carroll
“It was a wonderful experience,” she says. “I met other mentors, was supported throughout the process, and had a very good time getting to know three young and diverse academics.”

According to Dr. Carroll, the professional and academic training offered by SPRINT is exceptional.

“SPRINT is a fabulous opportunity for young researchers to meet other young researchers, explore many different ways of asking and answering important research questions, and to work with mentors and role models,” she says.

Dr. Carroll credits SPRINT for bringing researchers together to share ideas in a unique learning environment.

“Young researchers so often learn in a silo – this program greatly expands their experience and view,” she remarks. “The clinically oriented students learn the value of bench research, the bench researchers learn the value of listening to the experience of persons with multiple sclerosis, and the physically focused and psychologically focused learn from each other. This broadening of experience, knowledge and expertise cannot help but add value to the work done.”

Dr. Courtney Casserly received an Honours degree in biochemistry from McGill University. Following medical school at Queen’s University and a residency in neurology at Western University, she completed a two-year clinical fellowship in the Multiple Sclerosis (MS) clinic at St. Michael’s Hospital in Toronto in June 2016. Today, Dr. Casserly is enrolled in the Masters of Public Health Program at the University of Toronto and is working full-time as a neurologist in the Multiple Sclerosis Clinic in London, Ontario, for adults living with multiple sclerosis.

Throughout my undergraduate studies, I worked summers in a neurogenetic laboratory with Dr. Dennis Bulman in Ottawa,” Dr. Casserly recounts. “My aunt Patricia passed away from severe secondary progressive multiple sclerosis when I was in medical school. Thanks to excellent clinical mentors in the MS field such as Dr. Sarah Morrow, Dr. George Ebers and later Drs. O’Connor, Selchen, Hohol and Oh in Toronto, I was inspired and knew that neurology – and more specifically, multiple sclerosis – was the area of research I wanted to pursue.”

During her clinical fellowship, Dr. Casserly worked with her supervisor, Dr. Jiwon Oh, with a focus on the role of advanced magnetic resonance imaging (MRI) in multiple sclerosis, examining measures of brain and spinal atrophy.

Under the mentorship of Dr. Luc Vallières, she developed a comprehensive review on neutrophils in mouse and human demyelinating disease with her fellow SPRINT trainees, and also attended two Summer Schools where she acquired transferable skills such as effective communication at the career development sessions.

“The SPRINT program and the endMS Summer School are truly unique,” says Dr. Casserly. “They offer the opportunity to interact with people of diverse clinical and research backgrounds, and really emphasize teamwork.”

Dr. Casserly believes SPRINT can have a positive impact on the global MS scientific community.

“The program allows us to gain new perspectives and to develop a deeper understanding of areas of study in multiple sclerosis outside of our own,” she states. “Many young researchers are already extremely subspecialized, and so by bringing people together, SPRINT fosters collaboration.”

Dr. Audrey Hicks earned her PhD in medical sciences (neuromuscular physiology) at McMaster University in Hamilton. For the past 25 years, her research has centered primarily on exercise rehabilitation in special populations, with the most recent focus on people with multiple sclerosis (MS). Dr. Hicks played a leadership role in the development and release of the Canadian Physical Activity Guidelines for Adults, Older Adults and Children, as well as for Adults with Spinal Cord Injury and Adults with Multiple Sclerosis.

She is currently the associate chair (undergraduate) in the Department of Kinesiology at McMaster University.

“I am interested in examining the assorted health and rehabilitative benefits of engaging in regular exercise, and particularly how physical activity might improve the quality of life of individuals living with multiple sclerosis,” says Dr. Hicks.

As a SPRINT mentor, Dr. Hicks led a team project on the employment of exercise to manage MS fatigue. She also attended two Summer Schools and several SPRINT career development sessions.
“It was an extremely positive experience,” she relates. “I loved the idea of a mentor being paired with three trainee researchers in different fields of study and learning from one another.

At the same time, the particular project my group was involved with allowed the trainees to interact with people living with MS and witness their challenges firsthand, which was really rewarding.”

Dr. Hicks cites SPRINT as a model platform for learning and academic growth.

“The program is wonderful because it provides trainees early in their research trajectory with the opportunity to participate in Summer School,” she says. “In addition, they receive peer support, work with a mentor, and have the opportunity to network and branch out of their comfort zone.”

According to Dr. Hicks, SPRINT can play an important role in the current direction and future of MS research in Canada.

“SPRINT is unique because it brings together so many people from different backgrounds with the ultimate goal of furthering MS research,” she says. “The endMS Network and MS Society of Canada should be very proud of this program.”

Samantha Kornfeld earned a Bachelor of Science (Honours) in biology and biotechnology from Carleton University, and a Master of Science in cellular and molecular medicine from the University of Ottawa. As a molecular biologist specializing in oligodendrocyte biology, she is exploring how myelination and remyelination can be harmed during multiple sclerosis (MS) pathogenesis, and how these processes can be improved in people living with the disease.

“I really enjoyed the project because it allowed me to delve into a research area that was outside of my niche,” she states. “It was a huge learning curve, very interesting, and at times quite challenging to work with three other people with such varied backgrounds and so spread across the country. But happily the project came together really nicely in the form of both a review paper and an online document.”

Samantha maintains that SPRINT is an excellent way for trainees to bridge networks within the Canadian MS research community and to further their professional goals.

“One of the most difficult things about being a researcher is not the research – it’s getting to know other researchers, crossing those lines between basic science and clinical research, and between sub-specialties within a field,” Samantha says. “The more people you know, the more you can extract from the expertise of others and vice versa. SPRINT allows us to connect with people early in our careers with whom we might not normally ever work, making future collaboration and exchange of information not only easier, but much more likely.”

Citolali Marquez obtained a Bachelor of Science (pharmaceutical sciences) at the Universidad de las Américas Puebla, Mexico followed by a Master’s degree at the Instituto de Biotecnología UNAM. Throughout her studies, Citolali’s research interests centered on cell signaling of T-cells. Today she is a PhD candidate under the mentorship of Dr. Marc Horwitz at the University of British Columbia.

“I was eager to join Dr. Horwitz’s laboratory after reading about his research and how viruses can lead to autoimmunity and to multiple sclerosis (MS),” recounts Citolali. “My current project is related to understanding the link between environmental factors and the development of the disease; in particular, I am looking at the relationship between Epstein-Barr virus (EBV) infection and multiple sclerosis.”

It was while attending the endMS Summer School in Halifax in 2014 that Citolali was first introduced to SPRINT.

“I thought my participation in the program would be an amazing opportunity to get more involved with the MS community and to delve into areas of multiple sclerosis outside of my primary research focus,” she explains.
Citlali says SPRINT’s unique learning platform makes for an enriching experience. “It allows trainees to engage in a multidisciplinary project with other young researchers from across Canada who are focused on one objective: helping people with multiple sclerosis,” she says. “As a SPRINTer, I not only learned a great deal about the socioeconomic burden caused by multiple sclerosis and how it impacts patients and their families, but also recognized the importance of the research being done to mitigate this challenge.”

The networking component of the program is another remarkable feature, Citlali adds. “SPRINT opens the door to future collaborations among senior researchers, clinicians and other MS trainees who would normally not be connected,” she says. “By forging key alliances, we are better equipped to tackle the complexities of multiple sclerosis.”

Julia Nantes completed a Bachelor of Science degree (Honours Specialization in physiology and psychology) at Western University in London, Ontario. She moved to Montreal to pursue her PhD in clinical multiple sclerosis (MS) research at McGill University. Working under the supervision of Dr. Lisa Koski, Julia is studying neurotransmitter involvement in human neurological disease using non-invasive tools.

“I chose to conduct research on multiple sclerosis because it is a disorder that touches the lives of so many people in Canada and we have much more to learn to help those with this disease,” she says. “From a scientific standpoint, the complexity and variability of MS make it an intriguing challenge. Meeting and hearing the stories of people with multiple sclerosis continues to motivate my work far beyond pure scientific curiosity.”

Grateful for the opportunity to connect with MS researchers from across the country, Julia commends SPRINT for its multidisciplinary approach to research.

“The program is a fantastic opportunity for trainees to gain new skills and build confidence,” she affirms. “My experience as a SPRINTer will undoubtedly help me as I move forward in my scientific career.”

Erin L. Stephenson received a Bachelor of Science (biomedical sciences) with a minor in neuroscience at the University of Guelph. In 2013, she moved to Calgary to attend graduate school where she is currently completing her MD-PhD. Her research is basic science focused, with an emphasis on biochemistry and neuro-immunology.

“During my last year of undergraduate studies I was introduced to multiple sclerosis (MS) research while collaborating on a project," says Erin. "I am presently investigating how the brain matrix changes during neuroinflammation (e.g. immune cell infiltration and activity in the brain)."

Under the mentorship of Dr. Linda Carroll, Erin explored the differences in coping strategies among people living with MS with a team of fellow SPRINTers. She has attended three endMS Summer Schools where she enhanced her knowledge of multiple sclerosis and acquired new skillsets in the career development sessions.

“The workshops were both engaging and useful,” Erin states. “There are few opportunities to interact with other trainees in a setting that is not focused purely on the results of research, but on how they are presented. A lot of thought was put into creating sessions that were relevant and important to everyone, despite their diverse research fields and scientific backgrounds.”

According to Erin, the professional and academic training offered by SPRINT can play a vital role in the future of MS research.

“The program makes a deliberate effort to expose trainees working in multiple sclerosis to other aspects of the disease, allowing them to broaden their research scope,” says Erin. “It provides benchside researchers with a view of what it is like to live with multiple sclerosis, and those in the clinical aspect a view of what it is like to work in a basic science setting. As a basic scientist researcher, it gave my research a more personal connection that I would otherwise not have had.”
Dr. Luc Vallières earned his PhD in physiology at Université Laval in Quebec. Following postdoctoral training in neuroimmunology at the Salk Institute in California, he returned in 2002 and established his own laboratory at the Centre hospitalier de l’Université Laval. Today, Dr. Vallières is a professor in the Faculty of Medicine. His research program aims to better understand how immune cells are regulated in neurological diseases such as multiple sclerosis (MS), with the hope of finding a way to neutralize or stimulate them for therapeutic purposes.

“Upon the discovery of a population of leukocytes that patrol the central nervous system’s (CNS) vasculature by crawling on its inner surface, I began studying the properties of these white blood cells and the mechanism by which they are recruited into the CNS, as well as their role in neuroinflammatory models,” Dr. Vallières explains. “Thanks to the constant support I received from the Multiple Sclerosis Society of Canada since the beginning of my career, most of my projects are now focused on MS and its animal model, experimental autoimmune encephalomyelitis (EAE).”

Through his involvement within the endMS Network’s Quebec-Ottawa Regional Research and Training Centre, Dr. Vallières was approached by Dr. Marcia Finlayson to serve as a SPRINT mentor. “I thought it would be a great opportunity to complete a project (review paper) I had in mind,” he recalls, “and to network and learn more about the clinical aspects of multiple sclerosis.” While overseeing a team study on the implication of neutrophils in different demyelinating autoimmune disorders, Dr. Vallières not only made new contacts, but also initiated a research collaboration with a SPRINT participant from Dr. Steven Kerfoot’s lab in London, Ontario.

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Dr. Vallières lauds SPRINT as an outstanding program that is pivotal to the development of future MS researchers. “There is no other comparable program that allows trainees to deepen and broaden their knowledge on demyelinating diseases, to establish contacts with scientists and clinicians across the country, and to strengthen their publication record,” he asserts. “SPRINT is led by people who are highly professional and experienced, and who promote learning and networking in a stimulating and friendly atmosphere. It inspires young researchers to continue working in the MS field.”
The 2017 endMS Summer School titled *Moving MS Research Forward through Clinical and Biomedical Partnerships* will be held from June 12-15 in scenic St. John’s, Newfoundland on its Memorial University campus.

With medical researchers applying for grants from various national and international organizations, the importance of local and regional partnerships between basic and clinical science is paramount. Forging these key alliances requires dedication, patience and an ambition to seek out collaborations that share an overall mission and vision, while allowing the principal investigator (PI) to retain autonomy and also achieve personal success.

As trainees make the exciting transition to independent researcher, the 2017 endMS Summer School will include seminars, workshops and activities that will help guide them through the process and realize the significance of bridging basic and clinical science in MS research.

**See you next year!**

Dr. Michelle Ploughman and Dr. Craig Moore

“Learning about other ways that people are studying multiple sclerosis showed me how my research career could develop. As a grad student, my work is so "zoomed-in" that it’s nice to sit back and take in the larger picture of MS and MS research.”

– 2016 endMS Summer School Participant
“It helped me to better understand the very different ways that a disease affects a person’s life. It’s not just the physical aspect, but all the social implications. This experience has given me a new perspective on the kind of research I would like to do.”

– 2016 endMS Summer School Participant
**ALUMNI UPDATES**

Dr. Nadine Akbar is a postdoctoral research fellow at Kessler Foundation in New Jersey. She remains active in MS research with her current project focused on how exercise training can help improve fatigue and cognition, and lead to neuroimaging changes in persons living with multiple sclerosis.

Dr. Curtis Benson successfully defended his PhD in July and is starting a postdoctoral position at Yale University in the laboratory of Dr. Stephen Waxman. His project will focus on understanding pain in neurodegenerative diseases.

Dr. Jenea Bin moved to Scotland where she is pursuing a postdoctoral fellowship in Professor David Lyons’ laboratory at the University of Edinburgh. Her research focuses on understanding the cues that regulate myelin dynamics throughout life and following demyelination.

Dr. Pia Crone Christensen is employed at the University of Copenhagen as a postdoctoral fellow in the Center for Basic and Translational Neuroscience (Nedergaard Laboratory). She will be returning from maternity leave in October.

Dr. Miguel De Avila was recently promoted to Chemist (Level 1), and continues to work in research and development at Apotex Pharmachem Incorporated.

Dr. Hilda De Jong is a postdoctoral research fellow within Professor Tremlett’s research group at the University of British Columbia. Currently, she is studying risk factors for multiple sclerosis using databases from the United States and the United Kingdom.

Dr. Charity Evans is at the University of Saskatchewan. She was recently awarded a three-year project grant (Medication Adherence in Multiple Sclerosis: A Model for Other Chronic Diseases) by the Canadian Institutes of Health Research.

Dr. Yohannes Haile recently graduated from the Cumming School of Medicine at the University of Calgary. Prior to beginning her residency position in family medicine in Northern Ontario this summer, she married Jim Rogers (another SPRINT alumni) in the Rocky Mountains.

Dr. Coral-Ann Lewis is currently continuing her postdoctoral appointment in the laboratory of Dr. Fabio Rossi at the University of British Columbia, where the focus of her research is the innate immune response in models of multiple sclerosis and amyotrophic lateral sclerosis.

Dr. CJ MacMillan recently graduated from the Cumming School of Medicine at the University of Calgary. Prior to beginning her residency position in family medicine in Northern Ontario this summer, she married Jim Rogers (another SPRINT alumni) in the Rocky Mountains.

Sandra Magalhaes is actively pursuing her PhD research focused on etiology of both pediatric- and adult-onset multiple sclerosis in the Department of Epidemiology, Biostatistics and Occupational Health at McGill University under the supervision of Dr. Christina Wolfson.

Dr. J. Keiko McCreary successfully defended her PhD in February and is currently working as a postdoctoral fellow at the University of Lethbridge. Her research investigates the effects of exercise and light therapy on neurogenesis in aged rats. She hopes to begin human research projects soon in the new 3T MRI facility at the University.

Dr. Craig Moore continues to develop his multiple sclerosis research program at Memorial University of Newfoundland. Over the past year, he received operating grants from both the MS Society of Canada and the National Sciences and Engineering Research Council of Canada. Dr. Moore will be co-hosting the 2017 endMS Summer School in St. John’s, Newfoundland. He and his wife also welcomed a new baby girl, Lily Mae, to their family on May 1st, 2016.

Sarah Neil is starting the second year of a Master of Science program in genetic counselling at the University of Toronto after completing a nine-week summer internship in medical genetics at British Columbia’s Women’s and Children’s Hospitals in Vancouver.

Alexandre Paré is finishing the third year of his PhD in neuroimmunology at Université Laval and hopes to defend his thesis by summer 2017.

Dr. James Rogers successfully defended his PhD thesis on July 15th of this year and has started medical school at the University of Calgary. He will continue to remain active in multiple sclerosis research. Drs. Rogers and MacMillan (another SPRINT alumni) were married on June 11th.

Karen Turpin is nearing completion of her PhD in epidemiology at the University of Alberta. She is currently working as the medical science and education liaison for multiple sclerosis in Alberta and Saskatchewan for Hoffmann-La Roche Canada.

Jordan Warford is concluding his PhD under the supervision of Dr. Alexander Easton and is planning to defend in early 2017. He hopes to remain active in the multiple sclerosis research community and recently stepped into the role of co-chair for his local MS Community Advisory Council.
2016-2017 SPRINTers

Stephanie Blandford  
Memorial University of Newfoundland

Elisea De Somma  
York University

Maximillian Fiander  
Dalhousie University

Prenitha Mercy Ignatius  
Université Laval, CHUL

Rajiv Jain  
Western University

Samuel Jensen  
University of Calgary

Julie Petrin  
Queen’s University

Dr. Kelvin Poon  
University of Calgary

Dr. Jose Wijnands  
University of British Columbia

2016-2017 SPRINT Mentors

Dr. Tania Bruno  
University of Toronto

Dr. Nader Ghasemlou  
Queen’s University

Dr. Ann Yeh  
University of Toronto

2016-2017 endMS Education and Training Committee

Membership

Dr. Christina Wolfson (Chair)  
Director, endMS National Training Program 
McGill University

Dr. Marcia Finlayson  
Chair of the endMS SPRINT Committee 
Queen’s University

Dr. Kaarina Kowalec  
SPRINT Alumni 
University of British Columbia

Dr. Ruth Ann Marrie  
University of Manitoba

Dr. Quentin Pittman  
University of Calgary

Dr. George S. Robertson  
Chair of the endMS Peer Review Committee 
Dalhousie University

Dr. Penelope Smyth  
University of Alberta

Anik Schoenfeldt  
Manager, endMS National Training Program 
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2017 endMS Summer School Collaborators

Dr. Michelle Ploughman  
2017 endMS Summer School Host 
Memorial University of Newfoundland

Dr. Craig S. Moore  
2017 endMS Summer School Host 
Memorial University of Newfoundland

Megan Parker  
2017 endMS Summer School Coordinator 
Memorial University of Newfoundland
For Summer School and/or SPRINT application and program guidelines, please visit our website at www.endmsnetwork.ca. If you are interested in becoming a SPRINT mentor or would like more information on the program, please contact:

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The endMS Research and Training Network is a nationwide initiative formed to accelerate discovery in the field of multiple sclerosis in Canada. Through innovative training and funding programs, the endMS Network aims to attract, train and retain MS researchers and increase opportunities to conduct MS research in Canada.

The endMS Network is managed by the MS Society of Canada and funded through its related MS Scientific Research Foundation as the flagship investment of the $60 million endMS capital campaign.