



SPEAKER LINEUP

October 5th, 2023

In-person event in Toronto



keynote speaker

Ardra Shephard

Ardra Shephard is the host and creator of AMI-tv's game-changing lifestyle series Fashion Dis. Ardra is a blogger and podcaster whose award-winning MS confessional, *Tripping On Air*, has become an invaluable resource for anyone interested in what it's really like to live with MS. Ardra's upcoming memoir (Douglas & McIntyre) is being developed with eOne as a scripted half-hour television sit-com.

Ardra is a leader in the disability rights movement and participates in a number of advisory boards. Ardra is a sought-after writer, consultant, and speaker, who has a popular column with Healthline's BezzysMS (Ask Ardra Anything), and has contributed to FASHION magazine, InStyle, the National MS Society's Momentum Magazine, LivedHealth and others. With an international reach and reputation, Ardra's culture-changing voice is helping shape the way disability stories are told. *Tripping On Air* is the subject of a 2019 WebMD documentary short, and Yahoo Lifestyle reported that @ms_trippingonair is the number one chronic illness account to follow on Instagram.

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