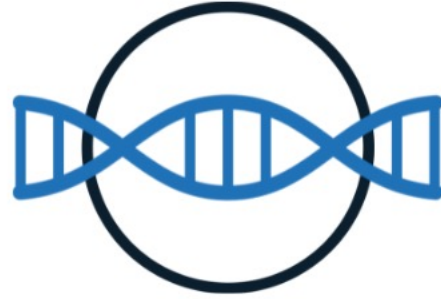




Dr. Mira Malcov  
Head of PGD

(Preimplantation Genetic Diagnosis) lab  
at Tel-Aviv Ichilov Medical Center



**GNEM SYMPOSIUM  
SPEAKER SERIES**

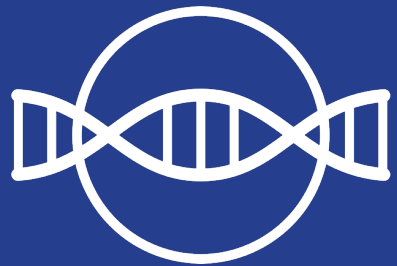
*presented by The Neuromuscular Disease Foundation*

# Empowering Choices: Navigating Genetic Counseling and IVF Solutions

Sunday, August 13th, 2023 • 9am PT

- **Understand** how self-care can impact your health
- **Reflect** and inventory your self-care practices
- **Create** a self-care framework as an individual with GNE myopathy
- **Learn** about apps and resources to support your self-care journey





## **GNEM SYMPOSIUM SPEAKER SERIES**

*presented by The Neuromuscular Disease Foundation*

### **Speaker Series #081323**

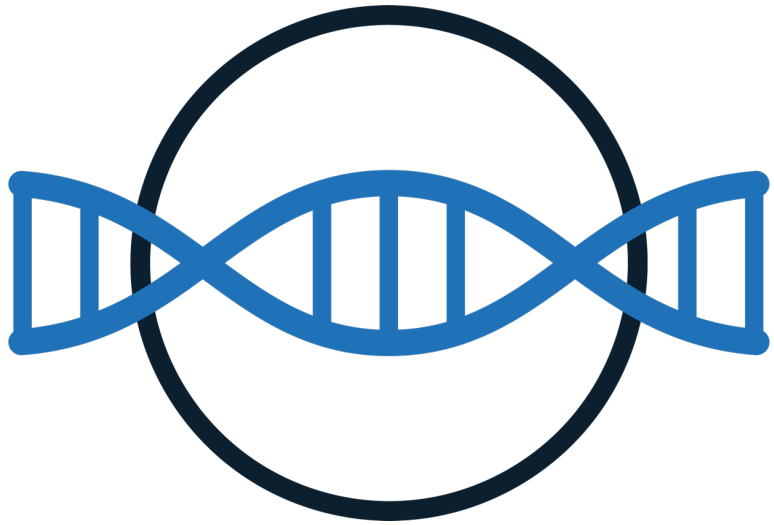
Dr. Mira Malcov, Head of PGD lab at  
Tel-Aviv Ichilov Medical Center

### **“Empowering Choices: Navigating Genetic Counseling and IVF Solutions”**

#### **Key Takeaways:**

1. Self care is dynamic and can change as you change.
2. Self-care is a powerful tool to support your energy and wellness.
3. Self care is even more important for individuals with a chronic condition





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