

## Lynsey Lakin, DNP, MSN, FNP-C, MSCS

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### Short Professional Biography:

**Dr. Lynsey Lakin** is a Nurse Practitioner at West Coast Neurology and the UC Riverside MS Center, specializing in comprehensive neurological care. She is also CEO of the nonprofit My Strength Wellness Program, supporting rehabilitation and education for people with MS. Dr. Lakin earned her Doctorate of Nursing Practice from Azusa Pacific University and completed an MS Fellowship at UC Riverside. She is a certified MS specialist and has served as adjunct faculty for Nurse Practitioner and medical students. Her work has been recognized with honors including the Live Wise Award (2020), Nightingale Scholarship (2022), and June Halper Award (2024).

### Brief Description of Your Project:

**My Strength Wellness Program** is a non-profit organization, initiated in 2019, that strives to provide educational and health promotion services to meet the specialized needs of individuals living with Multiple Sclerosis in a comprehensive way to improve quality of life and disability outcomes. As the CEO of this organization, Dr. Lakin aims to maintain various patient services freely offered to the local MS community of Southern California, including three times a week exercise classes, annual educational symposiums, quarterly wellness seminars, and other community-building initiatives that promote wellness and optimal brain health.