

Topics and Dates

Newly Diagnosed MS

3/11/25, 4/1/25, 5/6/25

Navigating Life Changes

6/3/25, 7/8/25, 8/5/25

Progression without Relapses

9/2/25, 10/7/25, 11/4/25

Essential Skills for Living Well with MS

12/2/25, 1/6/26, 2/3/26

All sessions are from
6-7 PM

WELLNESS SERIES FOR INDIVIDUALS WITH MULTIPLE SCLEROSIS

Multiple sclerosis (MS) is a complex, unpredictable disease that affects both physical and mental health. This Wellness Series is intended to provide information and support to patients and their partners as they confront the many challenges of living with MS. Please join us in person or via Zoom for our monthly Wellness Series.

To RSVP, please use this URL
<https://redcap.link/MSWellnessSeries>
or scan the QR code:

