

*Can Do MS transforms lives by delivering health and wellness education programs on exercise, nutrition, symptom management, and motivation to help families living with MS thrive.*

## IMPACT

In 2021, more than 158,000 people living with MS and their loved ones received life-changing health and wellness education programs, coaching, and support - at no cost to them.

## PROGRAMS

Can Do MS offers a variety of programs to help people living with MS and their support partners live better every day. Led by healthcare professionals, Can Do MS programs provide the knowledge, motivation, and support to tackle the unique and ongoing challenges of living with MS, such as fatigue, diet, exercise, cognition, mobility, heat sensitivity, relationships, employment, and much more. All programs are free of charge for individuals living with MS and their support partners.

### MONTHLY PROGRAMS

Webinar Wednesdays  
JUMPSTART®  
Coaching  
Your Questions Answered

### MULTI-DAY PROGRAMS

CAN DO®  
TAKE CHARGE®

### RESOURCES

Podcasts  
Exercise Videos  
Articles and Q&A

## PROGRAM DELIVERY

Can Do MS has a network of more than 100 world-class healthcare professionals from around the U.S. and Canada, including exercise physiologists, nutritionists, neurologists, physical and occupational therapists, physicians, psychologists, speech/language pathologists, registered nurses, and other healthcare specialists.

## HISTORY

Can Do MS honors the legacy and beliefs of the organization's founder, Olympic medalist Jimmie Heuga, and pioneer in the MS care management field. We continue to embrace his positive *can do* philosophy and perspective, which complements the traditional medical model and standard of care. Since 1984, we've been at the forefront of promoting the culture and belief that everyone living with MS has the power to live full lives.



*Jimmie Heuga, (1943-2010)*

