

JANUARY

Staying Motivated

January 6 - WEBINAR

Understanding Exercise & Diet

January 9 - JUMPSTART

Creating Exercise Plans That Stick

January 13 - COACHING

Your Winter Workout Motivation

January 21 - JUMPSTART

Creating Diet Plans That Stick

January 26 - COACHING

Fuel Up, Feel Good & Break the Emotional Eating Cycle

MARCH

Staying Resilient

March 3 - WEBINAR

Staying Resilient to MS Transitions

March 4 & 5 - TAKE CHARGE

Aging With MS

March 13 - JUMPSTART

Embracing Transitions in Your Life

March 17 - COACHING

Finding Your New You: Redefining Yourself During Times of Transition

March 25 - JUMPSTART

Bouncing Back & Moving Forward

March 30 - COACHING

Building Resilience to Overcome Setbacks

FEBRUARY

Staying Connected

February 3 - WEBINAR

The Power of Social Activity & Connections

February 5 - JUMPSTART

Staying Connected When You Live Alone

February 10 - COACHING

Making Meaningful Connections

February 18 - JUMPSTART

Navigating Relationship Challenges

February 23 - COACHING

Strengthening Relationships - Even When There's Conflict

February 27 & 28 - TAKE CHARGE

Aging With MS

APRIL

Staying Positive

April 7 - WEBINAR

Making Decisions Together

April 9 - JUMPSTART

Staying Positive During Difficult Times

April 14 - COACHING

Positive Ways to Problem Solve

April 22 - JUMPSTART

Building a Future With MS

April 27 - COACHING

Managing Your Fears

April 29 - May 1 - CAN DO PROGRAM

TBA

MAY

Staying On Top of Your Mental Health

May 5 - WEBINAR

How MS Impacts Your Mood & Cognition

May 8 - JUMPSTART

Taking Charge of Your Mood

May 12 - COACHING

Managing Your Emotions

May 20 - JUMPSTART

State of Mind: Coping With Changes in Your Thinking

May 25 - COACHING

Adapting to Changing Cognition

JULY

Staying Energized

July 7 - WEBINAR

Why Am I So Tired? Fatigue & Other Invisible MS Symptoms

July 10 - JUMPSTART

Managing Invisible Symptoms: Sleep & Fatigue

July 14 - COACHING

Optimizing For Your Energy

July 22 - JUMPSTART

Managing Invisible Symptoms: Temperature Sensitivity, Pain & Vision Problems

July 27 - COACHING

Overcoming Setbacks

JUNE

Staying Active

June 2 - WEBINAR

Traveling & Recreating Safely

June 4 - JUMPSTART

Staying Healthy This Summer

June 9 - COACHING

Managing Risk So Everyone Is Happy

June 17 - JUMPSTART

Staying Active (& Cool) This Summer

June 19 & 20, 24 & 25 - TAKE CHARGE

TBA

June 22 - COACHING

Recharge Your Motivation to Stay Active

AUGUST

Staying Healthy

August 4 - WEBINAR

Emerging Strategies to Manage Your MS

August 5, 6 & 7 - CAN DO PROGRAM

TBA

August 11 - COACHING

Talking to Your Healthcare Team

August 13 - JUMPSTART

Small Steps to Improve Life With MS

August 19 - JUMPSTART

Small Steps to Improve Your Whole Health

August 24 - COACHING

Prioritizing When You Feel Overwhelmed

SEPTEMBER

Staying In Charge

September 1 - WEBINAR

Planning For an Unpredictable Future

September 10 - JUMPSTART

Being CEO of Your Household

September 15 - COACHING

Balancing Life With MS

September 23 - JUMPSTART

Being CFO of Your Household

September 28 - COACHING

Mapping Out Your Future

OCTOBER

Staying Balanced

October 6 - WEBINAR

Staying Well This Winter

October 8 - JUMPSTART

Taking Care of Yourself This Winter

October 13 - COACHING

Managing Your Winter Blues

October 21 - JUMPSTART

Tools in Your Toolchest: Mindfulness, Self-Awareness & Positive Psychology

October 14 & 15, 23 & 24 - TAKE CHARGE

TBA

October 26 - COACHING

Using Mindfulness to Manage Stress

NOVEMBER

Staying in the Holiday Spirit

November 3 - WEBINAR

Understanding Stress

November 6 - JUMPSTART

Communicating Together

November 10 - COACHING

Supporting Ourselves & Each Other

November 16 - COACHING

How Gratitude Can Help Us Every Day

November 18 - JUMPSTART

Preparing for the Holidays

DECEMBER

Staying Strong for a New Year

December 1 - WEBINAR

Get Ready for 2022

December 2, 3 & 4 - CAN DO PROGRAM

TBA