

## WEBINAR SERIES | 2<sup>ND</sup> TUESDAY OF EACH MONTH

*In Partnership with the National MS Society.*

January 14 – Resilience	July 14 – Management of Sensory Symptoms
February 11 – Achieving Emotional Wellness	August 11 – Relationships & Intimacy
March 10 – Achieving Cognitive Wellness	September 8 – Pain
April 14 – Fatigue & Sleep	October 13 – Bladder & Bowel
May 12 – Employment	November 10 – Diet/Nutrition
June 9 – Management of Motor Symptoms	December 8 – Adaptations to Stay Active & Involved

## JUMPSTART<sup>®</sup> Program | ONE DAY

*Virtual and in-person programs covering topics such as mood and cognition, activities of daily living, navigation life with MS, goal setting and motivation, exercise, and diet and nutrition.*

January 11 – Winter Park, FL	June 27 – Richmond, VA	September 26 – Camden, NJ
March 7 – Virtual Program	July 11 – Overland Park, KS	October 17 – Tacoma, WA
March 14 – Virtual Program	July 25 – Riverside, CA	November 7 – Salt Lake City, UT
March 21 – Virtual Program	August 8 – Somerville, MA	November 7 – Longmont, CO
April 4 – Virtual Program	August 8 – Detroit, MI	November 14 – Las Vegas, NV
April 25 – Virtual Program	September 12 – Atlanta, GA	November 14 – San Francisco, CA
May 2 – Virtual Program	September 12 – Chicago, IL	
June 13 – Independence, OH	September 26 – Teaneck, NJ	

## YOUNG ADULTS TAKE CHARGE<sup>®</sup> Program | TWO DAY

October 2-4 – Washington, DC

## CAN DO<sup>®</sup> Program | FOUR DAY

May 13-16 – Atlanta, GA