2020 PROGRAM SCHEDULE

WEBSINAR SERIES | 2ND TUESDAY OF EACH MONTH
In Partnership with the National MS Society.

January 14 – Resilience
February 11 – Achieving Emotional Wellness
March 10 – Achieving Cognitive Wellness
April 14 – Fatigue & Sleep
May 12 – Employment
June 9 – Management of Motor Symptoms

July 14 – Management of Sensory Symptoms
August 11 – Relationships & Intimacy
September 8 – Pain
October 13 – Bladder & Bowel
November 10 – Diet/Nutrition
December 8 – Adaptations to Stay Active & Involved

JUMPSTART® Program | ONE DAY

January 11 – Winter Park, FL
March 7 – Grand Prairie, TX
March 14 – San Antonio, TX
March 21 – Minnetonka, MN
April 4 – Houston, TX
April 25 – Memphis, TN
April 25 – Tampa, FL
May 2 – Charlotte, NC

June 13 – Riverside, CA
June 13 – Independence, OH
June 27 – Richmond, VA
July 11 – Overland Park, KS
August 8 – Somerville, MA
August 8 – Detroit, MI
September 12 – Teaneck, NJ
September 12 – Chicago, IL

September 12 – Atlanta, GA
September 26 – Camden, NJ
October 17 – Tacoma, WA
November 7 – Salt Lake City, UT
November 7 – Longmont, CO
November 14 – Las Vegas, NV
November 14 – San Francisco, CA

YOUNG ADULTS TAKE CHARGE® Program | TWO DAY

October 2-4 – Washington, DC

CAN DO® Program | FOUR DAY

May 13-16 – Atlanta, GA

Register at CanDo-MS.org/programs or call 800-367-3101.