

WEBINAR SERIES | 2ND 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[®] Program | ONE DAY

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

YOUNG ADULTS TAKE CHARGE[®] Program | TWO DAY

October 2-4 – Washington, DC

CAN DO[®] Program | FOUR DAY

May 13-16 – Atlanta, GA