

## JUMPSTART® Program | ONE DAY

Offered in communities across the country, the JUMPSTART Program provides people with MS and their support partners with interactive explorations of health, wellness, and lifestyle behaviors.

January 26 – Houston, TX	May 4 – Tampa, FL	August 10 – Portland, OR
February 9 – Chicago, IL	May 11 – Nashville, TN	August 10 – Boston, MA
February 9 – Dallas, TX	June 1 – Detroit, MI	September TBD – New Jersey
March 2 – Los Angeles, CA	June 15 – Raleigh, NC	September 14 – Hallandale, FL
March 16 – Oakland, CA	June 22 – Charleston, WV	October 19 – Seattle, WA
March 30 – Fargo, ND	June 29 – Atlanta, GA	October 26 – Phoenix, AZ
March 30 – Hartford, CT	July 13 – Omaha, NE	October 26 – Albuquerque, NM
April 13 – Denver, CO	July 13 – New York, NY	November 2 – Baltimore, MD
May 4 – Little Rock, AR	July 20 – Reno, NV	

## WEBINAR SERIES | MONTHLY

*In Partnership with the National MS Society.*

Interact with a team of healthcare professionals, ask questions, and learn how to actively co-manage your MS from the comfort of your home, FREE of charge!

2nd Tuesday of each month: 8 - 9:15 PM ET.

January 8 – Health & Wellness	July 9 – Children With MS
February 12 – Bowel & Bladder	August 13 – Managing Progressive MS
March 12 – Diet & Nutrition	September 10 – Managing Your Moods
April 9 – Exercise & Physical Activity	October 8 – Mobility & Symptom Management
May 14 – Cognitive Changes & Relationships	November 12 – Communication With Family
June 11 – Enjoying Leisure Activities	December 10 – Debunking Diet Myths

## CAN DO® Program | FOUR DAY

The flagship CAN DO Program is a four-day intensive educational program that teaches people with MS and their support partners how to take control of their lives.

May 15-18 – Atlanta, GA

Register at [CanDo-MS.org/programs](http://CanDo-MS.org/programs) or call 800-367-3101.