

IMPACT

Meet JANE

I spent much of my life in bed due to severe fatigue from MS. I was scared of living like this for the rest of my life.

Thanks to scholarships, I had the opportunity to attend the CAN DO® Program.

The CAN DO Program changed my life.

MS healthcare professionals were able to give me the individualized attention I needed to learn how to manage my MS on a daily basis.

I have a new outlook on living with this disease. My new motto is to live an active life and not let the disease define me. This has inspired me to keep pushing on every day.

“ *I was able to return to my job as a college counselor and now exercise five days a week.* ”



— Jane, CAN DO® Program Alumna

ABOUT

Can Do MS MISSION

Can Do MS delivers health and wellness education programs to help families living with MS thrive.

Can Do MS TEAM

Can Do MS has a network of over 85 renowned MS experts from around the US and Canada, including dietitians, exercise physiologists, neurologists, physical therapists, occupational therapists, physicians, psychologists, speech-language pathologists, nurse practitioners, and other healthcare specialists.



PO Box 5860
Avon, CO 81620
800.367.3101
CanDo-MS.org



THRIVE WITH MS



POWERFUL

CAN DO® PROGRAM | FOUR DAY

The 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.

TRANSFORM YOUR LIFE

The Program features a comprehensive spectrum of individualized assessments, interactive-learning opportunities with healthcare professionals and peers, and personalized goal-setting to empower families with MS to thrive.



HIGHLIGHTS

- Four days
- 36 hours of individual and group workshops, seminars, one-to-one consultations, and evaluations
- Limited to 24 participants and their support partners
- Served by 30 renowned MS specialists

PERSONAL

TAKE CHARGE® PROGRAM | TWO DAY

The TAKE CHARGE Program is a two-day health and wellness weekend that provides an interactive and multi-disciplinary approach to MS care management.

TAKE CHARGE OF YOUR MS

In a small group setting, participants and support partners learn individualized skills and strategies to take charge of their health and life with MS. Support partner sessions are included specifically to address their unique needs



HIGHLIGHTS

- Two days
- 13 hours of group workshops, seminars, and panel discussions
- Limited to 40 participants and their support partners
- Served by 6 renowned MS specialists

POSITIVE

JUMPSTART® PROGRAM | ONE DAY

The JUMPSTART Program provides people with MS and their support partners with interactive explorations of health, wellness, and lifestyle behaviors.

DISCOVER WHAT'S POSSIBLE

Program topics include the role of exercise, nutrition strategies, and personalized goal setting. Support partner sessions are included specifically to address their unique needs.



HIGHLIGHTS

- One day
- 5 hours of group workshops, seminars, and panel discussions
- Limited to 50 participants and their support partners
- Served by 4 renowned MS specialists

POSSIBLE

ONLINE PROGRAMS

Engage in a variety of online activities that cover popular topics such as exercise, nutrition, cognition, communication, symptom management, employment, and wellness.

BUILDING YOUR WELLNESS STRATEGIES

Webinar Series

Can Do MS and the National MS Society bring together MS experts to help people with MS and their support partners build strategies to co-manage their MS. The free Webinar Series, which features one-hour multi-disciplinary presentations with Q&A, allows viewers to interact with our healthcare team each month from the comfort of their home.

Can Do On Demand

A new interactive education program to help families with MS improve their overall quality of life and maintain healthy lifestyles. Can Do On Demand is an online portal that offers users a library of on-demand videos with engaging real-life scenarios to promote problem-solving and communication.

Library

Read or listen to articles written by MS experts. This online resource provides current and accurate information on popular MS topics to help families with MS build knowledge of MS symptoms and incorporate the *can do* philosophy into their everyday life.

Ask the Can Do Team – Q & A

This Q&A forum gives people living with MS and their support partners an opportunity to ask questions and find answers from a team of MS experts.

Learn more at CanDo-MS.org