

## **JUMPSTART® Program** | ONE DAY

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 14 – Hallandale, FL
March 2 – Long Beach, CA	June 15 – Raleigh, NC	September 28 – New Brunswick, NJ
March 9 – Hartford, CT	June 22 – Charleston, WV	October 19 – Seattle, WA
March 16 – Oakland, CA	June 29 – Atlanta, GA	October 26 – Phoenix, AZ
March 30 – Fargo, ND	July 13 – Omaha, NE	October 26 – Albuquerque, NM
April 13 – Denver, CO	July 13 – New York, NY	November 2 – Baltimore, MD
April 27 – Little Rock, AR	July 20 – Reno, NV	

## **MEN WITH MS Program** | ONE DAY

June 8 – Denver, CO

## **YOUNG ADULTS TAKE CHARGE® Program** | TWO DAY

September 13-15 – Memphis, TN

## **CAN DO® Program** | FOUR DAY

May 15-18 – Atlanta, GA

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

*In Partnership with the National MS Society.*

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