

## MISSION

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

## IMPACT

In 2019, Can Do MS impacted over 64,775 participants, including people living with MS and their families, through 85 programs.

## PROGRAMS AND SERVICES

Can Do MS offers a range of individualized, experiential program formats that equip individuals with the expanded knowledge, skills, awareness, and confidence to become active co-managers of their health. We focus on exercise, diet, cognitive health, work, home, relationships, symptom management, emotional well-being, and the spiritual aspects of living with MS.

- CAN DO® Program
- TAKE CHARGE® Program
- JUMPSTART® Program
- Can Do On Demand
- Webinar Series
- Online Resources

## PROGRAM DELIVERY

Can Do MS has a network of more than 100 world-class healthcare professionals from around the U.S. and Canada, including exercise physiologists, nutritionists, neurologists, physical and occupational therapists, physicians, psychologists, speech/language pathologists, registered nurses, and other health care specialists.

## HISTORY

Can Do MS honors the legacy and beliefs of the organization's founder, Olympic medalist Jimmie Heuga, and pioneer in the MS care management field. We continue to embrace his positive *can do* philosophy and perspective, which complements the traditional medical model and standard of care. Since 1984, we've been at the forefront of promoting the culture and belief that everyone living with MS has the power to live full lives.

## PARTNERS

Demand for Can Do MS in-person programs is increasing. Partnerships provide the mechanism to bring our programs to scale nationally and meet the need. We collaborate with world-class MS centers, hospitals, and non-profit organizations to cost-effectively deliver regional and national programs.

### *Current partners:*

- National MS Society
- MS Society of Canada
- U.S. Department of Veterans Affairs
- MS Institute at Shepherd Center



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

- Jane, CAN DO® Program Alumna