

## **JUMPSTART® Program | ONE DAY**

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

February 17 – Greenwood, IN	July 28 – Memphis, TN
March 24 – Stanton, CA	August 11 – Boston, MA
April 7 – Fresno, CA	August 18 – New Orleans, LA
April 14 – Madison, WI	September 8 – Little Rock, AR
April 14 – Reno, NV	September 8 – Westbury, NY
May 5 – Virginia Beach, VA	October 20 – Salt Lake City, UT
May 19 – Denver, CO	November 3 – Kansas City, MO
June 16 – Middleburg Heights, OH	November 3 – Seattle, WA
June 23 – Oakland Park, FL	December 8 – Las Vegas, NV
July 7 – Chicago, IL	December 15 – Louisville, KY

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## **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 life within the context of their MS.

March 7 - 10 – Atlanta, GA

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## **WEBINAR SERIES | MONTHLY**

*In Partnership with the National MS Society and the MS Society of Canada*

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!

Upcoming topics include health and wellness, intimacy, balance, cognition, issues for women and families, emerging therapies, and more.

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