

WEBINAR SERIES



Live Your Best Life With MS

Each free program features two presenters with time for Q&A. Join us online or by phone. Topics include:

January 8

Health & Wellness

February 12

Bowel & Bladder

March 12

Diet & Nutrition

April 9

Exercise & Physical Activity

May 14

Cognitive Changes &
Relationships

June 11

Enjoying Leisure Activities

July 9

Children with MS

August 13

Managing Progressive MS

September 10

Managing Your Moods

October 8

Mobility & Symptom
Management

November 12

Communication with Family

December 10

Debunking Diet Myths

SCHEDULE: 2nd Tuesday of each month from 8-9:15 pm ET. Topics and dates are subject to change.

*All webinars are recorded, archived, and available for download.

Register at CanDo-MS.org/Webinar
or call 1-800-367-3101.

