

WEBINAR SERIES



Live Your Best Life With MS

Each free program features two presenters and 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

Managing Progressive
MS

August 13

Children With MS

September 10

Managing Your Moods

October 7*

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. Observance of a holiday has changed Tuesday webinar schedules. All webinars are recorded, archived, and available for viewing.

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

