MARK YOUR CALENDAR

WHY I WALK

Anyone who has been involved with the National MS Society knows that come late-April you better be ready for the season… Walk MS season that is. There are 12 walks throughout Northern California, including Monterey Bay, San Jose and Walnut Creek. In 2012, we had more than 8,000 participants and raised over $1.5 million for education, advocacy, research and local programs that enhance the quality of life for people with MS and their families. Participants filled the roads with orange, each with their own story to tell about why they were out supporting our cause on a Saturday or Sunday morning.

"I participate in Walk MS so that I can give back what they have given me [and] because their programs means so much to me," said Tina Wise, who walks and volunteers at the National MS Society. "Prior to participating in HorsePower: Living with MS, I felt like I was carrying 500 pounds behind me, inscribed with dark, black, heavy letters that said 'MS' with a large, thick chain. In the other hand, I was dragging my heart. It was also heavy, covered in dust and black around the edges. By the end of the program, I was carrying a little paper bag and it has MS written on it. The other hand had my heart, now huge, bright and radiant red, resting on my shoulder. It was light, no longer heavy to carry. In the back there was a group of horses running around with their manes blowing in the wind."

We always welcome more walkers and volunteers. Visit www.walkMSnorcal.org or contact Tara Reed, your Community Development Manager, at tara.reed@nmss.org or 408-988-7587, ext. 74102.

UPCOMING PROGRAMS

Yoga for MS

Friday, April 5th - May 10th
Six Fridays from 11:00 a.m. - 12:30 p.m.
Pacific Cultural Center & Ashtanga Yoga Institute, 1307 Seabright Ave. (at Broadway), Santa Cruz

Our yoga class is a gentle and therapeutic practice that will nourish the mind, body and spirit. Come practice in a supportive community of people living with chronic illness and thriving. The cost is $60 for the 6-week series or $12 for drop-in. Funding is available. The classes are taught by Shakti Bell. Visit www.shaktibell.com to learn more. If you are a new student, please e-mail shaktibell@baymoon.com or call 831-295-6222 to register.

CogniFitness - Keep the Mind Moving

April 23rd, 30th, May 1st, 8th, and 15th
Tuesdays from 10:00 a.m. - 11:30 a.m.
Santa Clara

CogniFitness is a fun and educational 5-week series that will help you keep the mind moving and develop new techniques to strengthen your cognitive skills. Realize your optimal thinking skills utilizing techniques that have everyday applications. CogniFitness will be led by Karen Yoshioka, a CA licensed speech and language pathologist.

In CogniFitness you will learn to:

- Facilitate focus and concentration
- Improve memory using new strategies
- Improve organization, problem solving, and critical thinking skills
- Manage cognitive fatigue

There is a fee of $25 for the five weeks and payment due on the first day of class. Pre-registration is required, and space is limited to 15. This class fills up fast! Questions? Contact Tara at 408-988-7587, extension 74102 or e-mail tara.reed@nmss.org. To register visit www.nationalMSsociety.org/can or call 1-800-344-4867

Newly Diagnosed Orientation – Santa Clara

Monday, May 6th
7:00 p.m. - 9:00 p.m.
National MS Society, Santa Clara Office
2589 Scott Blvd., Santa Clara

Are you newly diagnosed with multiple sclerosis? A diagnosis of MS can create many unexpected emotions that leave you with a strong need to understand the changes you may be facing. This informative program will address the most common concerns for people who are newly diagnosed as well as family and friends who want to learn more. Join National MS Society staff and discover resources and get answers to some of your MS questions. To pre-register, please call 1-800-344-4867 or visit www.nationalMSsociety.org/can.

Yoga and Stress Reduction

May 8th, 15th, 22nd, June 5th, 12th, and 19th
Six Wednesday Evenings, Time and Location TBA

The classes will be taught by Shakti Bell, yoga teacher, and Tonya Penny, OT and yoga teacher at Stress Therapy Couch. For more information or to register, please e-mail Shakti Bell at shaktibell@baymoon.com or 831-295-6222 and Tanya Penny at 208-629-6615.

Fun and Fireworks

Saturday, June 29th
6:00 p.m.
San Jose Giants Municipal Stadium
588 East Alma Avenue, San Jose

To celebrate Walk MS season and to have a good ol' time, join us for a night of fun and fireworks. Let's fill the stadium with orange and cheer on the San Jose Giants as they take on the Stockton Ports.

Tickets are limited. Register online at www.nationalMSsociety.org or call 800-344-4867. There will be additional accessible parking spots added to the normal 17 available, however they are first come, first serve so arrive early. Questions? Contact Tara at 408-988-7587, extension 74102 or e-mail tara.reed@nmss.org.

WHAT'S HAPPENING IN NORTHERN CALIFORNIA

Bay Area

- Champions Against MS: Updates on Therapeutics - Orals and Others: Saturday, April 20th from 10:00 a.m. - 12:00 p.m. in San Francisco
- Newly Diagnosed Orientation: Wednesday, May 1st from 6:30p.m. - 8:30 p.m. in San Francisco
- Sea Kayaking: Saturday, June 1st from 9:30 a.m. - 3:30 p.m. in Sausalito

Central Valley

- Family Night at Color Me Mine: Friday, May 17th from 6:00 p.m. - 8:00 p.m. in Modesto
- Financial Planning and MS: Monday, June 17th at 6:30 p.m. in Modesto
- Newly Diagnosed Orientation: Tuesday, May 7th from 6:30 p.m. - 8:00 p.m. in Modesto

Greater Sacramento

- Game Day with the Rivercats: Sunday, May 19th at 1:05 p.m. at Raley Field in West Sacramento

- Newly Diagnosed Orientation - Carmichael: Thursday, May 2nd from 6:30 p.m. - 8:30 p.m.
- Newly Diagnosed Orientation - Chico: Wednesday, June 5th from 5:00 p.m. - 6:30 p.m. in Chico
- Managing Bladder Issues while Living with MS: Tuesday, May 7th from 6:30 p.m. - 8:00 p.m. in Carmichael
- CogniFitness - Sacramento: April 10th - May 22nd on Wednesdays from 6:00 p.m. - 7:30 p.m. in Sacramento
- CogniFitness - Redding: June 1st, 8th and 15th from 10:00 a.m. - 1:00 p.m. in Redding
- 5th Annual MS Golf Experience and Live Auction: Friday, May 10th at 1:00 p.m. in Lincoln

North Bay

- Navigating Employment: Saturday, June 15th from 10:30 a.m. - 12:00 p.m. in Petaluma

Do you have feedback regarding your experience at a Self-Help Group?

Please email us at can_info@nmss.org.

SELF-HELP GROUPS

MONTEREY

- **Monterey**
  Veronica: 831-869-1684

SAN BENITO COUNTY

- **Hollister Group**
  Joann and Andrew: 831-630-0266

SANTA CLARA COUNTY

- **Milpitas**
  Phyllis: 408-509-8137
- **Morgan Hill: Friends, Family, and Caregivers**
  Nancy: 408-466-8688
  Marsha: 408-655-3178
- **Palo Alto**
  George: 650-281-7646
  Kathy: 408-921-9888
- **San Jose**
  Marie: 510-520-7276
- **Santa Clara**
  Susan: 408-253-4489
  Bruce: 408-978-9648

SANTA CRUZ COUNTY

- **Capitola**
  Estefana: 831-406-9127