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MS CONNECTION

June 2011 - National Capital Chapter

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Join Ryan Zimmerman!

On June 30th, Nat's 3rd Baseman Ryan Zimmerman is hosting "**A Night At the Park**", a musical event featuring national celebrities to benefit his MS organization (a Society partner).
Learn more!

Host a Community Event

Have an idea for a community event fundraiser? Now is the perfect time to do it! Choose to have your event to benefit programs & services, research, or both.

Contact Farah Lawal at Farah.Lawal@nmss.org or 202-296-5363 for more information.

Get Connected

Calling All Men Living with MS...

You are invited to **Telling It Like It Is: A Day for Men Living with MS**, on **June 18**, from 10 am to 2 pm. This is a unique opportunity to explore issues related to being male and having MS. Network and share experiences, common dilemmas and positive solutions.

Frederick W. Foley, Ph.D. will examine the consequences of MS on men's sexual functioning, intimate relationships, self-concept and communication. Erectile dysfunction and treatments for this condition will be addressed. Methods and techniques for improving intimacy and communication will be explored.

Registration is required, and the deadline to register is **June 13. Learn More.**

Volunteer for Bike MS!

Bike MS will take place on **June 11th and 12th** in Middleburg, VA and we could use more volunteers. If you are able to help out on the Friday before, during the weekend, or even on Sunday when we will be unloading trucks, please register to volunteer by going to www.MSandYOU.org/bike.

If you have any questions, please contact Farah Lawal at Farah.Lawal@nmss.org or (202) 296-5363, option 2.

Making Strides for MS Happy Hour on June 14!

Find us on Facebook

Connect with us and with each other.

National Multiple Sclerosis Society
National Capital Chapter

Join young professionals from around the D.C. metro area for happy hour at Bar Louie from 5-8 p.m. on Tuesday, June 14th to raise awareness about MS while having a great time!

For a $10 donation at the door, you'll get food and drink specials all evening. Plus, enter the raffle that night for a chance to win 4 dugout tickets to the Washington Nationals game of your choice! All proceeds go to the National Capital Chapter.

For more details and to RSVP, visit **www.facebook.com/MakingStridesForMS**

DC Residents: Seeking Employment Assistance?

DC residents with MS - are you seeking assistance gaining or maintaining employment? The Chapter has entered into an agreement with the DC Rehabilitation Services Administration (RSA). One of their rehabilitation counselors will be available to meet with you in our office. To schedule an appointment email your contact info to OperationJobMatch@MSandYOU.org.

Get more information about **DC RSA**.
The Chapter also provides employment support services through its **Operation Job Match (OJM)** program.

Want to Talk to Someone Else Living with MS?

Connections is a telephone peer support program that matches trained volunteers who have MS with others who live with the disease and are looking to talk to someone.

Through regular calls with one another, program participants have the opportunity to share experiences, perspectives, resources and support.

If you would like more information about the program or are interested in talking to someone else living with MS please contact us at 202-296-5363, select option 2, or Julie.Vallelunga@nmss.org or visit our website.

Mark Your Calendar - Upcoming Programs AND Events

Bike MS: Beyond the Beltway
June 11 and 12 - Ride or volunteer in the beautiful, Loudoun County countryside.

NEW EVENT: MS Mud Run
June 11 and 12 - get dirty for the cause!

Telling It Like It Is: A Day for Men Living with MS
June 18 - See article above.

Young Adult Summer Social and Research Update
June 23 - Enjoy appetizers and mocktails while connecting with other young adults living with MS.

MS Longest Day of Golf
July through September - Putt for a Purpose.

Newly Diagnosed Networking Group
July 27 - If you or someone you know has been diagnosed with MS in the past two years, join us for this four week discussion group.

33rd Annual Ambassadors Ball
September 14 - An evening of elegance at The Ritz-Carlton, Washington, D.C.

Capital Challenge Walk MS Presented by Secor Group
September 24 and 25 - Help move us 2 days, 50K closer to a cure.

Thank you for moving us all closer toward a world free of MS.

Sincerely,

National Multiple Sclerosis Society
National Capital Chapter

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