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MS CONNECTION

May 2011 - National Capital Chapter

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Intern with the Chapter

Do you know smart, motivated college students who are looking for unique and exciting internship opportunities?
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More...

National Multiple Sclerosis Society
National Capital Chapter

Bike MS: Beyond the Beltway, Coming Up Soon!

bike MS Beyond the Beltway

On June 11 and 12, hundreds of dedicated cyclists will take to the roads in beautiful Loudoun County, Virginia to raise funds and awareness for MS as part of Bike MS: Beyond the Beltway.

We need your help! Come ride with us that weekend and enjoy the great outdoors while pedaling for a purpose! Cyclists of all experience levels are welcome.

Not interested in riding? **Volunteer!** Spend a day with family and friends enjoying the countryside while supporting our cyclists along their journey. We have a job for everyone.

Register to ride or volunteer at www.MSandYOU.org/bike.

Bring the Kids to Meet Ryan Zimmerman at a National's Game

Washington National's third baseman Ryan Zimmerman is on our Chapter's Board of Trustees and wants to make May 15 "MS Awareness Day" at the National's Ballpark.

Purchase tickets to the game and a portion of the proceeds will support the chapter, plus your kids will get a chance to meet Ryan before the game. Some scholarships for tickets are available. **Learn more!**

Watch our June enewsletter for details about another opportunity to meet Ryan on June 30th at A Night at the

Park, a musical event featuring Rodney Atkins and benefitting Ryan's own MS organization.

Chapter Staff are Donors Too

We are pleased to announce that once again we have a 100% participation rate in our annual employee appeal. This means that every employee of the Chapter is also a donor, giving from their paycheck to support our local programs and services.

Funds raised through the employee appeal are designated for our local Emergency Financial Assistance Fund, which offers people with MS a one-time assistance with life necessities, including rent or mortgage, utilities, or a phone bill.

Thank you to our staff, and to ALL our donors who make the support we provide possible!

Mark Your Calendar - Upcoming Programs AND Events

LINKS Teleconference Series
Continues through May 25 - Eight teleconferences for people with MS and their families on how to maintain your quality of life in the years ahead.

Yoga for Good
May 14 - Sun and Moon Yoga Studio in Fairfax, VA will hold a yoga class to benefit the Chapter.

Working Toward Your Best Life: Advances in Quality of Life Research
May 24 - This live webcast, presented by our National Office, will explore how complementary therapies can enhance traditional pharmacological approaches to successfully manage MS symptoms.

Gateway to Wellness
Starts May 25 - A five week series where each class includes exercise and education.

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

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 - Dr. Frederick Foley, Clinical Psychologist, will examine the consequences of MS on men's sexual functioning, intimate relationships, self-concept and communication. Email steve.nissen@nmss.org.

Young Adult Social
June 23 - A social event for young adults living with MS. Email kelly.schrader@nmss.org.

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

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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National Multiple Sclerosis Society | 1800 M Street, NW | Suite 750 South | Washington | DC | 20036