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MS CONNECTION

February 2011 - National Capital Chapter

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Congratulations

The Children's Fund

Do you know a child with a parent with MS? The Children's Fund offers a small stipend to help pay for an age-appropriate activity, such as camp, music lessons, tutoring, or college books.

To learn more or apply for the Children's Fund, call 202-296-5363.

Drive MS Away

Donate your car, truck, motorcycle or trailer.

Get Connected

Find us on Facebook

Connect with us and with each other.

Stay Connected

Connections is a telephone peer support program that matches trained volunteers who have MS with others who live with the disease.

Through regular calls with one another, program participants have the opportunity to share experiences, perspectives, resources and support. Consider joining Connections as a call recipient or volunteer caller. For more information contact 202-296-5363 or Emily.Smith@nmss.org.

Mark Your Calendar

Save the dates for our upcoming programs!

MS Family Caregiver Support Group
Second Tuesday of Every Month - Join other family caregivers of people with MS - spouses, partners, siblings, adult children, parents - to share concerns, stories and resources.

Employment Teleconference Series
Continues Feb through March - Listen in on a series of calls on a variety of topics regarding employment and MS.

Maryland Advocacy Day
March 2 - Join MS activists from all over Maryland in Annapolis to meet with legislators and advocate for our priority issues.

Day of Healing
March 12 - Join experts and peers for a day of creative self-exploration and wellness at the Key Bridge Marriott.

A Weekend for Couples Living with MS
March 26 and 27 - See more below...

National Multiple Sclerosis Society
National Capital Chapter

A Weekend for Couples Living with MS

Jumpstart Your Relationship: Reclaim Your Wellbeing

You and your spouse/partner are invited to a workshop for couples living with the challenges of MS. The program includes elements of the Society's in-person couple's workshop, Relationship Matters, and Can Do Multiple Sclerosis' (formerly the Heuga Center for MS) Jumpstart program.

The program will be held at the Hyatt Regency Bethesda, : **Saturday, March 26 through Sunday, March 27**. Space is very limited. **Learn more.**

Save the Date

Registration is OPEN for our fun upcoming events:

Walk MS Presented by Booz Allen Hamilton - April 9, 10, and 16 in Bowie, Manassas, Reston, Rockville, Waldorf and Washington.

Women on the Move Luncheon - April 27, featuring keynote speaker Zoe Koplowitz.

Bike MS: Beyond the Beltway - June 11 and 12. Registration is only $35 until March 1st!

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

Capital Challenge Walk MS Presented by Secor Group - Fall 2011 - Exact dates coming soon. Individual registration is only $40 (teams are $150) until May 1st.

Congratulations to Local Fundraisers

Congratulations to community event hosts, Michelle Rowley and Judy and Ken Phebus, for exceeding their $10,000 fundraising goals for 2010.

Michelle ran a half marathon every month last year and has raised $10,832.28 to date!

Judy and Ken offered a series of bus trips to various cities in the U.S., as well as a Caribbean cruise-they raised $10,093.17!

If you are interested in hosting your own community event to raise funds for the Chapter, **visit our website to learn more.**

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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