You're receiving this email because of your relationship with National Multiple Sclerosis Society. Please confirm your continued interest in receiving email from us.

You may unsubscribe if you no longer wish to receive our emails.

MS CONNECTION

January 2011 - National Capital Chapter

In This Issue

Happy New Year

Luncheon Speaker

Research Webcast

Mark Your Calendar

Save the Date

Scholarship Deadline

The deadline to apply for the 2011 Scholarship Program (open to first time college freshmen of any age) is **January 14, 2011**.
Learn More

Drive MS Away

Donate your car, truck, motorcycle or trailer.

Get Connected

Find us on Facebook

Connect with us and with each other.

Happy New Year!

We hope you had a wonderful holiday season and are as excited about 2011 as we are. Whether your new year's resolutions involve getting in shape, giving back to the community, or just having fun, below are a few suggestions for ways to fullfill them:

Get in shape by training for one of our walks or our bike ride! Learn more in the Save the Date section of this newsletter.

Participate in one of our physical health classes! New sessions start in January. Find a class near you.

Give back by volunteering in our office, at an event, or as an advocate for people with MS! Email volunteer@MSandYOU.org.

Speaker Confirmed for Women on the Move Luncheon

Zoe Koplowitz, author of "The Winning Spirit - Life Lessons Learned in Last Place", has been confirmed as the keynote speaker for the 7th Annual Women on the Move Luncheon on April 27, 2011.

Living with the daily challenges of both MS and Diabetes, Zoe's tireless spirit has driven her to finish 22 marathons to date, all of them in last place. She will share her lessons learned along the way including faith, self acceptance, and the power of humor.

Learn More

National Multiple Sclerosis Society
National Capital Chapter

Live Webcast: "Repairing the Nervous System in MS"

Our National Office is hosting a live webcast titled "Repairing the Nervous System in MS: Progress and Next Steps," on Tuesday, January 11, from 2:00 - 3:00 p.m.

Join **Dr. Timothy Coetzee, Chief Research Officer of the National MS Society**, as he moderates a panel of experts during a live discussion focusing on finding ways to stop MS progression and restore function.

Learn More

Mark Your Calendar

Save the dates for our upcoming programs!

Virginia Advocacy Teleconference and Webinar
January 10 - Join this FREE conference call and webinar to learn about the National MS Society's 2011 policy platform.
Teen Talk 2011
January 15 - Teens 13-18 years old who have a parent with MS are invited to this get-together for discussion and activities.
Living with Progressive MS: A Two-Part Teleconference
January 25 and February 1 - Learn more about living with and managing progressive MS.
Employment Teleconference Series
Starts January 27 - Listen in on six calls on a variety of topics regarding employment and MS.
Newly Diagnosed Networking Group
Starts January 27 - Join the Society and others diagnosed with MS in the past two years for this four-week group.
Kidventure Basketball Bonanza
January 29 - Children (ages 7-17) who have a parent with MS are invited to watch the GW Colonials play the St. Louis Billikens.

Save the Date

Join us at one of our upcoming events:

Walk MS Presented by Booz Allen Hamilton - April 9, 10, and 16

Women on the Move Luncheon - April 27

Bike MS: Beyond the Beltway - June 11 and 12

MS Longest Day of Golf - July through September

Capital Challenge Walk MS 2011 - September 24 and 25

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

Sincerely,

National Multiple Sclerosis Society
National Capital Chapter

MS eConnection delivers timely information straight to your inbox on the first Tuesday of each month. If you're not interested in receiving this e-newsletter, please email us.

Forward email

SafeUnsubscribe

Trusted Email from Constant Contact FREE
Try it FREE today.

This email was sent to luzm@msandyou.org by newsletter@msandyou.org |
Update Profile/Email Address | Instant removal with SafeUnsubscribe™ | Privacy Policy.

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