National Multiple Sclerosis Society

SOUTHEAST REGION

TELECONFERENCE SERIES | 2013 - 2014

Maintaining Relationships | November 12, 2013 | 7:30 - 8:30 PM

MS poses many challenges to all people impacted by a formal diagnosis; everyone from the person diagnosed with the disease to the loved ones who provide their selfless care and support. Patience, empathy and understanding are among the keys to joint success in managing life with MS. Discover how to empower yourself and your loved ones to boldly move forward together, despite MS. *Speakers: Dan & Jennifer Digmann, MS Advocates*

Top 10 List in MS | February 11, 2014 | 7:30 - 8:30 PM

This teleconference will highlight the top happenings in the field of MS, looking at diagnosis, current treatment options, rehabilitation therapy and more. *Speaker: TBD*

Overcoming Cognitive Challenges | May 13, 2014 | 7:30 - 8:30 PM

Memory problems, difficulty concentrating and slowness in processing information are all cognitive challenges associated with MS. In this teleconference participants will learn about the role of cognition in MS as well as information on cognitive rehabilitation, and tips to help manage cognitive symptoms. *Speaker: Kristine Herfkens, PhD*

Alternative Therapies in MS | August 12, 2014 | 7:30 - 8:30 PM

Alternative therapies are difficult to define and can include anything from drugs and diet to food supplements, mental exercises and life-style changes. This teleconference will help identify and discuss alternative options. *Speaker: Sibyl E. Wray, MD*

National MS Society
1201 Story Avenue, Suite 200
Louisville, KY 40206

Free Matter
for the Blind or
Handicapped

Join us for a free series of informative conference calls on a variety of topics for people living with MS and their families.

TO REGISTER:

- **Call 1-800-344-4867, option 1**
- **Visit www.nationalMSsociety.org/kyw**

This educational series is made available through the collaboration of the following chapters of the National MS Society: Alabama-Mississippi, Central North Carolina, Georgia, Greater Carolinas, Kentucky-Southeast Indiana, Mid Florida, Mid South, North Florida, & South Florida.