National Multiple Sclerosis Society

MS UPDATE

February 2009

Hampton Roads Chapter

National Multiple Sclerosis Society
Hampton Roads Chapter
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Virginia Beach, VA
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National Multiple Sclerosis Society
Hampton Roads Chapter
760 Lynnhaven Parkway, Suite 201
Virginia Beach, VA 23452
Toll Free: 1-800-FIGHT MS
Local: 757-490-9627
Fax: 757-490-1617
Web: www.fightms.com

"Go Orange!"

Request the MS Update electronically by sending an email to **info@fightms.com** with the subject line: **"Go Orange!"** Help us conserve!

Spread the Word

Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis.

Talk to your health care professional and contact the National Multiple Sclerosis Society at **www.nationalmssociety.org** or **1-800-FIGHT MS** to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.

For more information or to register for any of the programs below, please contact the Chapter office at 757-490-9627 or visit our website at **www.fightMS.com**.

LINKS Teleconference Series

Registration is open for the 2009 LINKS Teleconferences Series! Eight teleconferences will be held Thursday evenings from January 22 through March 12 at 7pm.

Feb. 5.....Financial Planning and MS
Feb. 12.....Finding Your Emotional Balance
Feb. 19.....Making Your Home More Accessible
Feb. 26.....Vision and MS
Mar. 5.....Current MS Research
Mar. 12.....Change Happens Through MS Activism

A few spaces are left for the Flip-Flop Workshops by the Seashore on March 14-15: Register by February 9, 2009.

Become a Movement Ambassador

We know that so many of you in the Hampton Roads Community are people who want to do something about MS now... but don't know what to do! You can become a Movement Ambassador!

The Hampton Roads Chatper often gets requests to make presentations but are unable to accommodate due to our limited staff and booked schedules. Our Movement Ambassadors can help us! We will provide the Movement Ambassadors with tools and resources to make the best presentations possible. You even get to pick topics in your "comfort zone"!

If you are interested and would like more information, please contact Shannon Rice at shannon.rice@nmss.org or Robyn Hirsch at robyn.hirsch@nmss.org. Our Movement Ambassador Training will be in early March.

Program Kickoff: EXCHANGE POINT

Are you a young adult, between the ages of 21-39, with MS?

Do you feel like you are the only person your age with MS?

YOU ARE NOT ALONE.

Join us at the Wyndham Virginia Beach Oceanfront (5700 Atlantic Avenue, Virginia Beach, VA 23451) on Friday, March 13 at 6 pm as we host a networking social for people living with MS in their twenties and thirties. Dine, socialize, network, and exchange experiences with other young people with MS in the Hampton Roads area in a casual, inviting atmosphere.

Significant others, friends, and family are always welcome. For this event, adults only please; no children. Limit 1 guest per person.

The evening will include complimentary food and two adult beverages; therefore, please RSVP to the Chapter.

Yoga for MS

Yoga for MS? You bet! But, as with any exercise program, always check with your physician first.

Yoga In Chairs:

Virginia Beach- Every Tuesday and Thursday @ 4 pm at Thalia Trinity Presbyterian Church (420 Thalia Road).

Newport News- Every Wednesday @ 4:15 pm at Riverside Health & Wellness Center (12650 Jefferson Avenue).

For more information or to register for classes, please call Diane Bloom McCabe at 757-724-7526.

Instructor Diane Bloom McCabe completed the Teaching Adaptive Yoga for MS offered by the National MS Society, Hampton Roads Chapter and Karen O'Donnell Clark.

February Self Help Groups

For more detailed information on times and locations, call the chapter office at (757) 490-9627.

February 4 @ 10 am- **Gloucester Group**
Riverside Wellness and Fitness Center

February 5 @ 10:30 am- **African American Inspirational Group**
Hampton Public Library @ 10:30 am
To confirm group meeting contact D'Andre at (757)660-3455 or deejazzu44@aol.com.

February 10 @ 11:30 am- **Virginia Beach Morning Group**
Frankie's Place for Ribs (5200 Fairfield Shopping Center)
For more information contact Pete at (757) 497-6594 or peterhennessy64@yahoo.com.

February 11 @ 5:30 pm- **Williamsburg Group**
James City County/ Williamsburg Community Center
For more information contact JoAnn at (757) 220- 0902.

February 12 @ 5:30 pm- **Peninsula Evening Group**
Sentara Careplex Hospital (Conf. Room C)
For more information contact Diana at at (757) 722-2492.

February 16 @ 2:30 pm- **Elizabeth City Group**
Albemarle Hospital (Educational Room #2)

February 17 @ 7 pm- **Chesapeake Group**
Lifestyle Fitness Center @ Ches. Regional Medical Center
For more information contact Margie at (757) 482-3247.

February 18 @ 6:30 pm- **Suffolk Group**
Magnolia United Methodist Church
For more information contact Willie Ann at (757) 539-0139.

February 25 @ 3 pm- **Southside Group**
Virginia Beach Central Library

February 25 @ 5:30 pm- **Williamsburg Group**
James City County/ Williamsburg Community Center
<<See Feb., 11 listing for contact info.>>

Find someone to chat with on the web at **www.msworld.org**.