National Multiple Sclerosis Society

MS UPDATE

April 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
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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**.

Flip-Flop Workshops by the Seashore a Huge Success!

On March 14-15, 2009, over 150 people traveled to the Wyndham Virginia Beach Oceanfront Hotel to participate in the Flip-Flop Workshops by the Seashore Weekend Retreat. Some traveled from as far as North Carolina to attend the weekend.

Why was the Weekend Retreat such a hit? The Flip-Flop Workshops by the Seashore offered people with MS and their families the opportunity to relax, have fun, and learn— all in an accessible environment. Activities included educational breakouts, massages, and many other fun options. Participants had the choice to do as much or as little as they wanted for the entire weekend.

One of the most noteworthy things about Weekend Retreat was the sense of community and friendship that was fostered. It was a chance for old friends to catch up and new friends to meet.

The Weekend Retreat was made possible by a generous grant from the ZiMS Foundation. We would like to thank the Zimmerman Family for making the Weekend Retreat happen. The weekend offered an invaluable experience to all who attended.

We would also like to express our gratitude to all of our speakers and volunteers. Our speakers and volunteers were integral in making the weekend a success and we could not have done it without them.

Finally, we would like to thank all of our participants for making the weekend so special. We hope to see you next year!

Meet Sharon Balducci and Hear Her Story

Diagnosed with MS 21 years ago, Sharon Balducci has collected her personal experiences and channeled them into an inspiring novel entitled **A Sundog Moment**. By writing from the vantage of her own personal understanding of MS, Baldacci encourages others to remember what is truly important in life and helps alter the perception of those living with MS.

Thursday, April 9 @ 5:30 pm
Sentara Careplex Hospital (Conference Room C)
3000 Coliseum Drive, Hampton, VA 23666

Your Job in Today's Economy: Protect Yourself and Plan Ahead

An Employment Teleconference Series Hosted by the National Capital and New York City Chapters

Recession Proof Your Job	March 31, 7-8pm
To Tell or Not to Tell: The Disclosure Dilemma	April 7, 7-8pm
Discrimination on the Job	April 14, 7-8pm
Protect Yourself: Insurance Options	April 21, 7-8pm
Where the Jobs Are	April 28 , 7-8pm

Items for Sale

Item: Jet 2 Motorized Scooter (Excellent Condition)
For additional information or to make your best offer, please contact Daniel Beator at 855-8581.

The National MS Society assumes no liability for the condition, operation, or quality of items listed for sale. Such listings appear for informational value only. All transactions are solely between the buyers and the seller.

April Self Help Groups

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

April 1 @ 10 am- Gloucester Group
Riverside Wellness and Fitness Center

April 2 @ 10:30 am- African American Inspirational Group
Hampton Public Library
For more information contact D'Andre at (757)660-3455 or deejazzu44@aol.com.

April 8 @ 5:30 pm- Williamsburg Group
James City County/ Williamsburg Community Center
For more information contact JoAnn at (757) 220- 0902.

April 9 @ 5:30 pm- Peninsula Evening Group
Sentara Careplex Hospital (Conf. Room C)
For more information contact Diana at at (757) 722-2492.

April 14 @ 10 am- Virginia Beach Morning Group
Virginia Beach Central Library
For more information contact Pete at (757) 497-6594 or peterhennessy64@yahoo.com.

April 15 @ 6:30 pm- Suffolk Group
Magnolia United Methodist Church
For more information contact Willie Ann at (757) 539-0139.

April 20 - Elizabeth City Group
Please contact Melvin at (252) 335-9158 for group time and location.

April 21 @ 7 pm- Chesapeake Group
Lifestyle Fitness Center @ Ches. Regional Medical Center
For more information contact Margie at (757) 482-3247.

April 22 @ 3 pm- Southside Group
Virginia Beach Central Library

April 22 @ 5:30 pm- Williamsburg Group
James City County/ Williamsburg Community Center
<<See April 8 listing for contact info.>>

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