Live Fully, Live Well

A Wellness Program for People with MS & Their Support Partners

My Personal Call to Action: Recreational Activities and Travel

You are more than your MS. Invest in yourself by caring for yourself. The rewards will be well worth the effort. Check those items you are interested in pursuing.

	USING THIS ACTION PLAN, I WILL...	IDEAS OR QUESTIONS I HAVE...
❑	Identify my biggest obstacles to recreational activities and travel. Engage friends and family in coming up with solutions.	
❑	Over the next 6 months I would like to try this new recreational activity — _____ . What do I need to do to make this happen?	
❑	With my spouse/partner/friend identify two new recreational activities we would like to try together.	
❑	I have also wanted to travel to _____ . How can I make that dream come true?	
❑	Identify ways to adapt my favorite activities so that I can continue to enjoy them.	
❑	A new activity I would like to try is _____ . How can I make that happen? How can my family and friends join in?	

** See the Resource Guide for more information.*

USING THIS ACTION PLAN, I WILL...	IDEAS OR QUESTIONS I HAVE...
❑ Visit *nationalMSsociety.org/travel* or *mscando.org/living-with-multiple-sclerosis/can-do-library* for more information on MS-friendly recreational and travel activities.	
❑ Watch *Travel and Recreation for People Living with MS* on the ***Live Fully, Live Well*** DVD.	
❑ Listen to the Webinar program, *Recreational Activities and Travel* with Linda Walls, OTR. *	
❑ Contact an MS Navigator™ at 1-800-344-4867 to learn more about travel and recreation resources.	
❑ Contact Can Do MS at 1-800-367-3101 with my wellness questions.	
❑ Other:	

** See the Resource Guide for more information.*

National Multiple Sclerosis Society

CAN DO Multiple Sclerosis™ Lifestyle Empowerment Programs

Brought to you in partnership by the National MS Society and Can Do MS.

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