Live Fully, Live Well

A Wellness Program for People with MS & Their Support Partners

My Personal Call to Action: Attending to My Whole Self

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...
❑	Schedule an appointment for a routine physical with my healthcare provider.	
❑	Create my own MS-free zone.	
❑	Identify new activities I would like to try.	
❑	Develop my personal definition of wellness. Discuss with family and friends.	
❑	Evaluate my support system — do I have the right people on my team?	
❑	Join a National MS Society self-help group or other peer-to-peer networking group.	
❑	Volunteer with the National MS Society or other organizations that are important to me. Ask my family and friends to join me.	
❑	Watch *Attending to Your Whole Self* on the ***Live Fully, Live Well*** DVD.	

** See the Resource Guide for more information.*

	USING THIS ACTION PLAN, I WILL...	IDEAS OR QUESTIONS I HAVE...
❑	Visit *nationalMSsociety.org/living-with-multiple-sclerosis/index.aspx* or *mscando.org/living-with-multiple-sclerosis/can-do-library* to learn more about overall wellness and MS.	
❑	Listen to the Webinar program, *Attending to Your Health* with Patricia Kennedy, RN, CNP, MSCN.*	
❑	Identify new ways to stay connected with family and friends.	
❑	Contact an MS Navigator™ at 1-800-344-4867 to learn more about health and wellness and MS.	
❑	Contact Can Do MS at 1-800-367-3101 with my wellness questions.	
❑	Other:	

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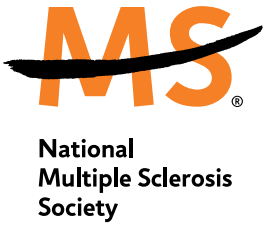

Brought to you in partnership by the National MS Society and Can Do MS.

nationalMSsociety.org | mscando.org