Adapting with MS and thriving at work

When Jamie Sloe started struggling with memory issues at work, she feared her only options were to quit — or get fired.

Her job as an eye exam technician required constant and careful attention to detail, no room for error. Yet sometimes, she couldn’t recall if she’d verified the specifics of a customer’s insurance coverage. Or she’d send a form to bookkeeping before filling it out completely.

“At first, I tried to carry around a notepad with reminders of all the things I needed to do, but I’d put it down and forget where I left it,” says Jamie, who was diagnosed with MS a few years ago.

As a single mom, the thought of losing her job made her feel hopeless and afraid. That changed when a social worker referred Jamie to vocational rehabilitation specialists who help people with MS and other neurological conditions find work or who can advocate for accommodations so they can keep their jobs.

Jamie met with a counselor in the Neurological Vocational Rehabilitation Services Unit (NVSU) at Harborview Medical Center. They talked about her job, her strengths as an employee and the challenges she’d started to encounter because of the cognitive issues caused by MS.

Dora Fung, Jamie’s vocational rehabilitation counselor, suggested tools like an iPad

Adapting with MS, continued on page 3
EVENTS

Walk MS makes strides toward a world free of MS

Twenty-four towns. Thousands of walkers. $2.1 million raised. Walk MS connected people and communities across the Northwest this spring to a singular goal: to raise money and awareness to bring us one step closer to a world free of MS. Thank you to everyone who participated, volunteered or donated to make the 25th anniversary of Walk MS the best yet!
Adapting with MS
continued from page 1

checklist called My Bionic Brain to keep track of each important step in the many tasks Jamie had to complete with each eye exam.

With coaching from Dora, Jamie has learned to communicate more proactively with her supervisor so she can get regular feedback on her job performance rather than fearing she’d make a mistake and get reprimanded for it.

“It’s so important to build relationships at work, to have an open dialogue about your strengths and things you can do to improve,” Dora says.

It’s made a big difference for Jamie.

“Things are much better now,” Jamie says.

Since being founded in 1976, NVSU has helped more than 2,500 people with MS, epilepsy, brain injury, stroke and other neurological conditions find and keep rewarding jobs.

State governments also offer vocational rehabilitation programs that include job readiness training, job coaching, job placement assistance, mobility training and assistive technology assessments.

To learn more about ways to make the most of your work life, visit MSnorthwest.org and click on Services & Support then Employment, Insurance and Financial Planning, or call 1-800-344-4867 and press 1.

What employers can and cannot ask

Knowing your rights protects you from accidentally answering questions that are illegal or discriminatory to ask during a job interview. Under the federal Americans with Disabilities Act, employers are not allowed to ask questions that might reveal a disability or mental health issue. You do not have to reveal a disability until you need an accommodation for it. Here’s a rundown of the questions a potential employer can and cannot ask.

QUESTIONS AN INTERVIEWER CANNOT ASK:

- Do you have a disability?
- Do you have any pre-existing health conditions?
- How many sick days did you take with your previous employer?
- What medications are you taking, or have you taken?
- Are you able to use your legs at all?
- Are you on any medication?

QUESTIONS AN INTERVIEWER CAN ASK:

- Can you perform the essential functions of the particular position you are applying for?
- How will you perform the job function? (Only if they know you have a disability)
- What reasonable accommodation will you need? (Only if you have an obvious disability or if you have decided to disclose)
A dedicated group of volunteers from the Greater Northwest Chapter joined some 350 other MS activists at this year’s Public Policy Conference in the nation’s capital.

During three action-packed days that included a host of educational workshops and meetings with lawmakers on Capitol Hill, they lent their voices to the National MS Society’s top legislative priorities for 2015, including:

- Funding for MS research through the National Institutes of Health and the Congressionally Directed Medical Research Program.
- Making it easier for people with MS to access the mobility devices they need through the Ensuring Access to Quality Complex Rehabilitation Technology Act.
- Collecting data on neurological conditions like MS to help us better understand the disease and get more accurate incidence and prevalence rates, as outlined in Advancing Research for Neurological Diseases Act/21st Century Cures Initiative.

For years, Steve Ehlert, who attended the conference with his wife, Vicki, didn’t talk much about his MS. That’s changed now that he’s learned that if you show up and speak up, lawmakers will listen.

Steve is eager to continue advocating for more federal research funding for MS, and also to explore the potential for new sources of private funding from organizations that support research on neurological diseases.

“I left thinking, ‘I’ll be back,’” Steve says. “I want to do a lot more.”

Anyone can be an MS activist. To learn more, visit nationalMSsociety.org and click Advocate.

Society honors a fiercely effective advocate: U.S. Sen. Patty Murray

The National MS Society bestowed the organization’s highest honor for elected officials to U.S. Sen. Patty Murray during this year’s Public Policy Conference.

Washington State’s senior senator is a fervent advocate who knows first-hand what a toll MS can take on a family. She was 15 when her father was diagnosed with MS. Her mother cared for him while also working to support their family.

Announcing the award, National MS Society President and CEO Cynthia Zagieboylo said: “We applaud [Sen. Murray’s] work toward improving the health and independence of people with MS, and for articulating how MS and other complex issues affect everyday American families. We are proud to name her 2014 Senator of the Year.”

Read more about Sen. Murray’s advocacy by visiting nationalMSsociety.org and entering Patty Murray in the search field.
ADVOCACY

Rally for MS research

BY WENDY MACKLIN, PHD

When I finished graduate school and decided I wanted to research neurologic diseases, I went to work with Dr. Marjorie Lees, one of the first women studying myelin. She inspired me to build my research around understanding myelin and oligodendrocytes, which are damaged in multiple sclerosis. Oligodendrocytes are special cells in the central nervous system that produce myelin, a substance that insulates and protects axons, which are the extensions of nerve cell bodies. (Learn more at nationalMSsociety.org/myelin.)

Over the years, I have focused on identifying how myelin is made and repaired in the brain. There has been exciting progress over the past two decades in identifying new therapeutics that reduce the immune component of MS, but there remains damage in the central nervous system. Much of my research – and the research of scientists like me – is funded by the National Institutes of Health (NIH). So, last September at the 2014 Rally for Medical Research, I joined more than 300 activists, doctors and researchers from across the country to discuss with Congress why NIH funding must be a top priority.

The largest source of funding for medical research in the world, the NIH has been a driving force behind decades of medical advances. Unfortunately, Congress’ funding of the NIH has been flat for years; in 2013, the NIH awarded 640 fewer research grants than in 2012.

We cannot afford to lose a new generation of scientists who can identify crucial aspects of treatment for MS.

We built amazing connections during meetings with state legislators, and I know that what I had to say informed their understanding of the importance of NIH funding. It’s easy to learn more about cutting-edge research that will change the face of MS. Get involved in whatever way you can! Participate in studies, give, advocate, learn! Visit nationalMSsociety.org or call 1-800-344-4867 to get started. Together we can end MS forever.

Wendy Macklin, PhD, professor and chair of the department of Cell and Developmental Biology at the University of Colorado Medical School in Denver, is an internationally recognized authority on the molecular biology of myelin protein genes.

Originally published on MSconnection.org/blog.
Significant research progress was made in 2014, offering new leads that are driving efforts to stop multiple sclerosis, restore lost function, and end MS forever.

Here are some highlights:

**STOPPING MS**

- A National MS Society-funded team shed new light on immune cells known as macrophages, discovering a way to tell the difference between good and bad types of these immune cells in mice with an MS-like disease. This research opens up possibilities for therapies that target bad cells and spare good cells.
- The U.S. Food and Drug Administration approved Plegridy (peginterferon beta-1a, Biogen Idec) and Lemtrada (alemtuzumab, Genzyme, a Sanofi Company) for people with relapsing forms of MS. This means there are now 12 disease-modifying treatment options for those with the most common form of MS.
- In a multicenter study, African Americans with MS were found to have more visual impairment and faster thinning of the nerve fibers in the back of the eye than Caucasians with MS.
- Researchers in the U.K. found that for every year that passed after a person with MS stopped smoking, the risk for progression was reduced by as much as five percent.

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**FOR PEOPLE WITH PROGRESSIVE MS, A NUMBER OF STUDIES PROVIDED PROMISING RESULTS:**

- A phase 2, placebo-controlled clinical trial of high-dose oral simvastatin (a medication used for high cholesterol) involving 140 people with secondary-progressive MS suggested that this pill was able to slow the rate of brain tissue loss over two years.
- An international team funded by the Society found that levels of vitamin D in serum early in the course of MS may predict later disease activity and progression.
- The International Progressive MS Alliance awarded its first round of 22 research grants – the start of an ambitious program that will invest at least $30 million over six years.
- The Society is funding clinical trials of nervous system-protecting approaches including a phase 2 trial of ibudilast in 250 people with progressive MS.
- Innate Immunotherapeutics leveraged Society commercial seed funding to launch a clinical trial of a treatment for progressive MS.
- Society-funded researchers at the University of Alabama at Birmingham found that weakness was improved and brain tissue increased significantly in 20 people with progressive MS under constraint-induced movement therapy (immobilizing a favored arm, forcing the weaker arm to do exercises and skilled movements). A larger trial is underway.
RESTORING LOST FUNCTION

A number of potential MS therapies that hold the possibility of myelin repair moved forward in clinical trials, including an approach that tested the ability of an individual’s own mesenchymal stem cells to inhibit immune mechanisms and augment intrinsic tissue repair processes when infused into the veins of people with relapsing forms of MS.

In addition, there were positive results from a number of lifestyle and wellness-related studies, as follows:

- In a large sleep study that surveyed more than 2,300 people with MS, researchers found that 70% reported having at least one sleep disorder, but that 12% or fewer had received a diagnosis of, or treatment for, a sleep disorder. Treating sleep disorders experienced by people with MS could significantly improve quality of life.

- A clinical trial showed strong evidence that a specific type of memory training improves learning in people with MS and benefits other aspects of quality of life. Additionally, a pilot study revealed that clinical and MRI improvements were maintained six months after training ended.

- In a preliminary study of a salsa dance program for people with MS, researchers found improvements in gait and balance even three months after the 4-week program ended. The Society is now funding a larger, longer study that may lead to the use of dance as physical therapy for MS.

ENDING MS FOREVER

- The Society convened a Wellness Strategy Meeting with leaders in the fields of diet, exercise and psychology, including individuals who also directly live with MS, to identify gaps in knowledge and programming and to map out next steps for how these gaps might best be addressed.

- In studies involving over 80,000 people, the International MS Genetics Consortium identified more than 159 genetic variations related to MS.

- Collaborators at Yale, MIT, Harvard and elsewhere reported a new approach to understanding how subtle changes in genes may lead to the risk of developing MS and other immune diseases.

- Researchers in Sweden and California showed that adolescent obesity increased the risk for MS, and that this risk increased substantially in those with specific immune genes.

- Investigators found that those who reported taking cod liver oil at ages 13-18 had nearly half the risk of developing MS compared to those who never took cod liver oil or took it at other ages.

To keep up to date on the latest MS research, visit nationalMSsociety.org/research or sign up for MS eNEWS at nationalMSsociety.org/signup.
LIVING WITH MS

Managing MS challenges

BY LIZ THOMPSON, MS AMBASSADOR

When Barb Abrams was 40, Sherwood Forest fell on her head. “I had made a model of Sherwood Forest for my son using a piece of plywood, Popsicle sticks, tree branches and other fun stuff so his Lego men could play in there,” Abrams remembers. “I had put it on top of a shelving unit. One evening I opened one of its drawers and Sherwood Forest fell on my head.”

Four stitches and a month later, Abrams began experiencing numbness, tingling, zipper-like sensations and optic neuritis. Since she had experienced a blow to the head, she was sent to a variety of specialists. “The pain from the optic neuritis got so severe that my husband demanded I be hospitalized for constant monitoring so they could figure out what was going on,” Abrams says. It was then that she was diagnosed – not with any lingering effects from her head injury, but with multiple sclerosis.

BRINGING MS TO LIGHT

MS can be a difficult disease to diagnose, and some symptoms may be ignored or mistaken for other conditions.

Researchers have not found any evidence for a relationship between physical trauma and MS, and Abrams knows her disease is unrelated to the head injury. Now 63, she has gone on to learn how to live actively with the disease and manage cognitive issues caused by her MS that affect her ability to remember names and numbers.

Abram’s head injury provided the catalyst for having the tests that led to her MS diagnosis. “My husband’s name is Rick, my brother’s name is Rick and my brother-in-law is Richard. So I inevitably end up calling my husband ‘the man to whom I’m married,’” Abrams says. “I also call my son Jordan ‘boy’ and my daughter Eryn ‘girl.’ When Eryn got married, I told my new son-in-law that he would now be called ‘new boy.’” The only phone numbers she knows by heart are her own, her husband’s and one friend. To manage her symptoms, she writes everything down and works from three calendars.

Abrams’ family and friends have learned over the years how to help, sometimes finishing her sentences for her or finding the word she’s groping for. Perhaps most importantly, they
keep her laughing. “My one dear friend has cancer and we laugh about her chemo brain and my MS brain. Between the two of us, we almost have a complete brain. I find that humor keeps me sane or at least from crying out of frustration,” she says.

**RIDING ON**

A teacher and artist for years, Abrams now continues to work as a substitute teacher. During an exacerbation at age 50, she bought her first bike. “I couldn’t lift my leg over the bike and had an IV port in my arm for steroids. I was probably more optimistic than I should have been,” she remembers. However, in three years, she has improved her balance and is now able to let go of a handlebar to signal or reach for her water bottle. Some 15,000 miles later, the Powell, Ohio, resident has ridden over the Vail and Independence passes in Colorado – the latter with an elevation gain of more than 4,000 feet. And so, she is also a passionate Bike MS participant.

“I cannot run as I have drop foot and I lean to one side while walking,” Abrams says. “But I did a triathlon when I was 58. I can swim and ride. The running, obviously, was hideous.” However, she still finished second in her age group. She has also started down a new art path, attaching hand-drawn tiles to boxes she has made. She is hoping to get them into galleries around town. “Luckily, I don’t have to remember anything while I am making them!” she says, laughing.

Writer Liz Thompson was diagnosed with MS in 1987, but has been symptomatic since 1970.

Originally published in Ohio Buckeye’s MS Connection newsletter.

**MANAGING COGNITIVE CHANGES**

While MS does not affect intelligence, long-term memory, conversational skills or reading comprehension, it can affect a range of cognitive functions. These include the ability to learn or retain new information, concentration and attention, planning and prioritizing, and verbal fluency. But there are ways to manage MS-related cognitive changes. To learn more about cognition and MS, visit nationalMSsociety.org/cognition.

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Bike MS 2015!

Bike MS cyclists enjoy a thrilling, well-supported ride, while Bike MS volunteers and MS Champions support them every mile of the way. Learn more, register, volunteer or donate at bikeMS.org.

**BIKE MS: RIDE THE SKY**

August 15
Bozeman, MT

**BIKE MS: DECEPTION PASS CLASSIC**

September 12-13
Mount Vernon, WA

**BIKE MS: CYCLE THE SILVER VALLEY**

September 19-20
Kellogg, ID

**BIKE MS: HOPE TO A CURE**

took place in Girdwood, AK, on May 30.
Her family and friends praised her warmth, positivity and strength. But the Greater Northwest Chapter’s 2015 Spirit Award winner, Linda Goldberg, simply feels like “the luckiest girl on earth.”

Diagnosed with MS in 2009, Linda struggled to come to grips with a diagnosis that turned her world upside down.

“With time and great medical care, I have become the fabulous and finely tuned pharmaceutical goddess standing here tonight,” she told guests at the Dinner of Champions, showing off the humor and spirit that earned her the award.

Linda shared the lessons she’s learned from living with MS – something she calls a gift.

“I don’t wish anyone to walk in my shoes, but the lessons I have learned have profoundly changed me,” she said.

**AMONG LINDA’S LESSONS:**

- **Slow down.** Enjoy what you are blessed to have.
- **Silence is golden.** Embrace your inner monk.
- **Listen.** Engage people around you. Truly listening and giving of yourself is pure joy.
- **Celebrate the life you’ve been given.** Life is beautiful, even at its worst. Have fun, be silly and spontaneous, have a good cry, love fearlessly.
- **Accept yourself.** The hardest obstacles we face will make us stronger, more forgiving, more compassionate and more generous. I may not be able to hike in the woods or be a world traveler, but the greatest lesson I have learned is that each moment I am on this earth is a my personal trip of a lifetime.

In addition to thanking her family and friends for their support, Linda thanked the National MS Society for connecting her to events like Walk MS and to other people living with MS.

“Being part of this dedicated community is a gift that I treasure. You have taught me that I am not alone,” she said.
PROGRAMS
Living, learning and connecting

The Greater Northwest Chapter offers many opportunities to improve your health, enhance your relationships, connect you with others and educate you about living well with MS. All our programs are free. Many require advance registration and some have limited space, so sign up early. To register, visit MSnorthwest.org or call 1-800-344-4867 and press 1. You can also access videos anytime at nationalMSsociety.org/MSlearnonline.

TELELEARNING: PARTICIPATE FROM HOME
FREE AND AVAILABLE TO EVERYONE IN THE GREATER NORTHWEST CHAPTER AREA — AND BEYOND!

Gender Differences in MS
Men and women are affected by MS differently. Join Dr. Barbara Giesser and Dr. Rhonda Voskuhl of UCLA to learn why and how those differences are important.

OVER THE PHONE
Tuesday, July 21
3:00 – 4:00 p.m. AKT
4:00 – 5:00 p.m. PT
5:00 – 6:00 p.m. MT

Thursday, July 23
6:00 – 7:00 p.m. AKT
7:00 – 8:00 p.m. PT
8:00 – 9:00 p.m. MT

Preparing for MS Doctor Visits
Learn tips to prepare for successful visits with your doctor. Kathy Costello, MSCN, Associate Vice President of Clinical Care with the National MS Society shares ideas on how to build a true partnership with your health care provider.

OVER THE PHONE
Tuesday, Sept. 15
3:00 – 4:00 p.m. AKT
4:00 – 5:00 p.m. PT
5:00 – 6:00 p.m. MT

Thursday, Sept. 17
6:00 – 7:00 p.m. AKT
7:00 – 8:00 p.m. PT
8:00 – 9:00 p.m. MT

UW Medicine MS Center webinars
Additional educational opportunities are available free of charge to everyone in our Chapter community. See page 14 for a list of UW Medicine MS Center webinars.

Stay informed
Sign up to receive Society e-newsletters at nationalMSsociety.org/signup.
Mood and Cognition in MS: What You Can Do

How does MS affect your moods and cognitive functioning – and what can you do about it? Get answers and learn how to address symptoms with physical activity, medications, counseling, self-management strategies and more.

WALLA WALLA, WA
Tuesday, Sept. 1, 6:00 – 8:00 p.m.
The Marcus Whitman, 6 West Rose
SPEAKER: Dr. Steven Pugh

MOSES LAKE, WA
Friday, October 9, Noon – 2:00 p.m.
Best Western, 3000 Marina Drive
SPEAKER: Dr. Roger Cooke

Can Do MS TAKE CHARGE™ Program

Join us as we explore an interactive and multi-disciplinary approach to MS care management. Learn the skills and mindset to TAKE CHARGE of your health and life with MS.

SEATTLE, WA
Friday through Sunday, Sept. 25–27
Embassy Suites, Seattle-Tacoma Int’l Airport
FEE: $100 registration fee includes all meals, hotel lodging, presentations and workshops for the weekend program. Fee does not include hotel incidentals such as room service, wifi, movie rentals, etc.

Visit mscando.org/TAKECHARGE for more information or to apply. Participants are accepted based on a lottery drawing, pending review and approval by the Application Committee. In collaboration with the

National MS Society, Greater Northwest Chapter. This program is possible thanks to the general support of the following sponsors: Novartis Pharmaceuticals, Genzyme (a Sanofi company), Biogen, Genentech, Inc., and the Harry C. Moores Foundation.

Yakima MS Roadshow

Experts from the Swedish MS Center bring this traveling roadshow of MS education and information to Yakima, WA. Come learn from a nationally recognized team of health care professionals, share your experience and connect with others in the community living with MS.

Lunch will be provided. You do not need to be a Swedish patient to attend. Family and friends are welcome.

YAKIMA, WA
Saturday, Sept. 19, 10:00 a.m. – 2:00 p.m.
Yakima Convention Center, 10 North 8th St.

Family Day at Woodland Park Zoo

Enjoy a day at the Woodland Park Zoo, courtesy of the National MS Society. Reserve up to four free tickets for your family. A booth will be set up at the west entrance of the zoo from 10 a.m. to Noon, where reserved tickets and MS information packets will be available. You’ll also receive a button identifying you as a participant of “Family Day at the Zoo by the National MS Society” – be sure to say hello to other people wearing the buttons!

SEATTLE, WA
Saturday, Sept. 19, 10:00 a.m. – Noon (ticket and packet pick-up)
Woodland Park Zoo, 601 N 59th Street
Food for the Brain 2015: 2nd Annual MS and Nutrition Workshop
Revitalize your nutritional health with a lively discussion of the latest science of MS and nutrition, practical advice regarding healthy eating, strategies for maintaining a healthy diet in the context of challenging MS symptoms, and the importance of exercise in promoting an overall healthy lifestyle.

KIRKLAND, WA
Saturday, August 1, 9:00 a.m. – 11:30 a.m.
EvergreenHealth, Surgery & Physicians Building, 12333 NE 130th Ln., Rm. Tan 100/101
SPEAKERS: Vijayshree Yadav, MD, Associate Professor of Neurology and Director of the Multiple Sclerosis Center at Oregon Health and Science University; Jennifer Adler, MS, CN, nutritionist and founder/owner of Passionate Nutrition; and Ted Brown, MD, Director of Neurorehabilitation at the MS Center at EvergreenHealth

Did you know?
From webcasts to DVDs, newsletters to videos, telelearning classes to books, the National MS Society website is brimming with resources to help you live your best life with MS. Visit nationalMSsociety.org, click on Resources and Support, and then click Library and Education Programs to find a wealth of topics in a variety of formats.

MS Center partner programs
We are pleased to make our Chapter community aware of these free educational opportunities.

EVERGREEN HEALTH MS CENTER
Rainier Room, DeYoung Pavilion, Kirkland, WA
Register by calling 425-899-3000 or online at evergreenhealth.com/classes
All classes are FREE and are open to non-Evergreen patients.

From the Ground Up, Strength and Flexibility
Mondays and Fridays, 2:00 – 3:00 p.m.
$5 per class or $20/four-week session

Neuro-Nutrition Class
3rd Friday of every month, 9:00 – 10:30 a.m.

Therapeutic Yoga for MS
Six-week series, Tuesdays, 9:30 – 11:00 a.m.
YMCA Carol Edwards Center, Woodinville, WA
$30 per series

Men’s Group
2nd Tuesday of every month, 3:00 – 4:30 p.m.

Visit calendar.MSnorthwest.org or call 1-800-344-4867 and press 1 for a full list of in-person education programs, teleconferences, webinars and community activities.
**UW MEDICINE MS CENTER**

Northwest Hospital, 1536 N 115th St., Seattle, WA – free parking
Register by contacting Kelly at 206-598-3894 or msevents@uw.edu
All classes are FREE and are open to non-UW patients.

**PML – What You Need to Know About This Brain Infection and MS Drugs**
Wednesday, June 17, 6:00 – 7:15 p.m.
SPEAKER: Gloria von Geldern, MD, Neurologist

**Sleep and Current Research**
Wednesday, July 15, 6:00 – 7:15 p.m.
SPEAKERS: Psychologists Dagmar Amtmann, PhD, & Abbey Hughes, PhD

**Mobility**
Wednesday, August 19, 6:00 – 7:15 p.m.
SPEAKERS: Physical Therapists Ellery Russian, DPT, ATP & Ashley Dennis PT, DPT, NCS

**Enhancing Communication with your Partner**
Wednesday, September 16, 6:00 – 7:15 p.m.
SPEAKER: Kim Castelo, LMFTA, Marriage and Family Therapist

Can’t make it in person to these UW Medicine events? Join via a webinar by logging into uofw.adobeconnect.com/neurology

**SWEDISH MS CENTER**

Swedish Neuroscience Institute, 1600 East Jefferson St., Level A, Seattle, WA
Register by calling 206-320-2200 or email mscenter@swedish.org.
All classes are FREE and are open to non-Swedish patients.

**6th Annual Swedish MS Center Art Show**
June 27-28, 10:00 a.m. – 6:00 p.m.
Seattle Center Armory
Questions? 206-991-2099 or MSCenterArtShow@swedish.org

**2nd Annual MS Center BBQ**
Saturday, July 25, Noon – 4:00 p.m.
Complimentary BBQ lunch with live band
RSVP: Janice, mscentere-mail@swedish.org

**Gentle Yoga and Wellness Skills**
Tuesdays, 1:00 – 2:15 p.m. and 2:30 – 3:45 p.m.

**Pilates**
Fridays, 11:00 a.m. – 12:15 p.m.

**Music, Movement and Meditation**
Tuesdays, 11:00 a.m. – 12:30 p.m.

**Adults with MS Support Group**
Third Thursday of every month, 6:30 – 8:30 p.m.

**MS Club Cherry Hill:**
A Support and Self-Help Group
Third Friday of every month, 1:00 – 3:00 p.m.
Register by contacting Robin Mazna at MSCherryHill@outlook.com
THE NATIONAL MULTIPLE SCLEROSIS SOCIETY IS DEDICATED TO CREATING A WORLD FREE OF MS.

The National MS Society, Greater Northwest Chapter educates, inspires and empowers those affected by multiple sclerosis. We create innovative programs to meet the needs of people with MS and their families, host exciting fundraising events to give supporters a meaningful role in the MS movement, and fund cutting-edge research into treatments and a cure. With a passion for bringing about a world free of MS, we help everyone affected by the disease to live richer, healthier, more independent lives.

IF YOU OR SOMEONE YOU KNOW HAS MS

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 or contact the National MS Society at nationalMSsociety.org or 1-800-344-4867 to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.

GRUPO DE APOYO EN ESPAÑOL

La Sociedad Nacional de Esclerosis Múltiple ha comenzado un grupo de apoyo en español, por teléfono, para las personas con EM. El único requisito para participar es haber sido diagnosticado de esclerosis múltiple. Este programa es totalmente gratis. Para más información, o para registrarse, por favor llame al 1-800-344-4867, y oprima el número 3.

The National MS Society does not endorse or recommend specific products, services or manufacturers. The Society assumes no liability whatsoever for the use or contents of any product or service mentioned herein. We reserve the right to refuse advertising that is deemed to be inconsistent with the Society’s mission.
CONNECT, MOTIVATE, INSPIRE

Be a cyclist’s Bike MS Champion

You don’t need to set your seat on a bicycle to make Bike MS an unforgettable and meaningful experience. Sign up today to be a Bike MS Champion!

Sign your name and notes of encouragement on a bandana for cyclists to wear during the ride. Be there in person, cheering along the course or at the finish line. Or, support Bike MS from home by sending words of inspiration and gratitude like these from three-time Bike MS Champion Susan Ingram:

“You are a blessing on wheels! Thank you for riding the course and giving your time and energy to create a world without MS. YOU matter to ME and I’m so grateful you care!”

Learn more about becoming a Bike MS Champion. Email bikeMSnorthwest@nmss.org or call 1-800-344-4867, press 2 then ext. 40302.