



January 2016

Dear National MS Society Connection Program Volunteers,

Research studies—past and present—continually show the beneficial effects that wellness and lifestyle choices can have on overall health, as well as on the journey through a life with MS.

I am excited to share with you a new meeting in a box toolkit to jumpstart wellness conversations in your group meetings. *Making Wellness a Part of Everyday Life* explains the many dimensions of wellness, as well as describes the effects different wellness strategies can have on life with MS. Each section includes its own discussion questions so you can plan a series of different meetings, each devoted to a portion of this kit. There are also suggestions on how to incorporate wellness activities into every group meeting and provides suggested resources for deeper learning and exploration.

Please use this guide with your group members and facilitate a conversation to discuss the kinds of wellness activities they'd like to incorporate into their lives. As you plan these activities, please reach out to your chapter liaison for assistance with guest speakers or preparing materials for your meeting.

I hope these materials are helpful to you—and lead to good discussion and thoughts around incorporating wellness into our lives. Happy New Year!

Sincerely,

Monica Aden
Senior Manager of Connection Programs
National MS Society