



# You're Invited



## Clinical Discussions for Mental Health Professionals

Join the National MS Society and Mental Health Practitioners for an interactive webinar series. This program is designed to enhance the knowledge of professionals working with individuals and families living with MS.

**April 23, 2020 at 2:00 – 3:00 p.m. EST**

### **Mindfulness Based Stress Reduction**

Presented by:

**Kimberly McGuire, PhD**  
**Kessler Institute for Rehabilitation, New Jersey**

Stress can increase negative mood symptoms, reduce quality of life experience and potentially impact disease activity. MBSR is well researched and a potentially viable intervention for people living with MS. We will look at one study utilizing MBSR and discuss the possible implications of its findings and remain questions on ongoing educational, wellness and counseling work with people living with MS.

- **To register:** <https://www.surveymonkey.com/r/MSClinicalDiscussionRegistration>  
(Webinar details will be provided to registered participants)
- **Target audience:** All interested mental health practitioners

**For more information contact:** [Lynette.Coleman@nmss.org](mailto:Lynette.Coleman@nmss.org)

