

WEBINAR SERIES 2020



Live Your Best Life With MS

Each free program features two presenters with time for Q&A. Join us online or by phone. Topics include:

January 14
Resilience

February 11
Achieving Emotional
Wellness

March 10
Achieving Cognitive
Wellness

April 14
Fatigue & Sleep

May 12
Employment

June 9
Symptom Management:
Motor Components

July 14
Symptom Management:
Sensory Components

August 11
Relationship & Intimacy

September 8
Pain

October 13
Bladder & Bowel

November 10
Diet / Nutrition

December 8
Adaptations to Stay Active &
Involved

SCHEDULE: 2nd Tuesday of each month from 8-9:15 pm ET.

Topics and dates are subject to change. All webinars are recorded, archived, and available to view at your convenience.

Register at CanDo-MS.org/Webinar
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Multiple
Sclerosis

