

ASK AN MS EXPERT

Veterans Program



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Learn About Multiple Sclerosis Affecting Veterans from Top MS Experts

Ask an MS Expert Veterans Program focuses on trending topics related to the Veteran MS community. Experts answer questions and MS Navigators provide live resource support throughout each program.

Topics focus on critical areas of managing MS, such as:

- Diet
- Exercise
- Emotional Wellness
- MS Medications
- Research Updates
- How to Manage Symptoms like Fatigue, Spasticity and More
- Veteran Resources and Services

Ask an MS Expert Veterans program is streamed on Facebook, YouTube, and Twitch the 2nd Thursday of March, June, September and November at 12 p.m. ET/ 11 a.m. CT/ 10 a.m. MT/ 9 a.m. PT.

Closed caption is available during live programs. All programs are recorded and can be viewed on-demand on Facebook and the Society's YouTube channel.

The March program is offered in collaboration with the U.S. Department of Veterans Affairs and Paralyzed Veterans of America.



TRACEY, DIAGNOSED IN 2009



ROBERT, DIAGNOSED IN 2012



DEANNA (R), DIAGNOSED IN 2005



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