

# NEW TO MS

## Navigating Your Journey



ANQUETTE, DIAGNOSED IN 2013



DOUG, DIAGNOSED IN 2014

**Date:** 2<sup>nd</sup> Thursday of each month

**Time:** 8-9:15 p.m. ET

If you or a loved one have recently been diagnosed with multiple sclerosis (MS), you may not know where to begin. Learning as much as you can about MS and getting answers to common questions can help you feel confident and in control of your health.

The **New to MS: Navigating Your Journey** virtual program gives you the opportunity to learn and connect with others who are also new to MS and navigating their own journeys. This program offers information about MS and symptoms, how to manage MS, and living well with MS. There will be opportunities to engage with other attendees, ask questions of a healthcare professional, and share your own experiences.

### Agenda:

- **Learning about MS** – What is MS, symptoms, types of MS and common questions.
- **Managing MS** – Treatments for MS, symptom management and your healthcare team.
- **Living well with MS** – Incorporating wellness into your daily life, coping and emotions, relationships, and support.
- **Q&A** – You will have the opportunity to ask questions and share tips and experiences with other participants.
- **Information & Resources** – Both during and after the program, the Society will share a variety of valuable resources for you to further explore.



SCAN TO REGISTER

**REGISTER TODAY FOR THIS FREE PROGRAM!**

[nationalMSSociety.org/NewToMS](https://nationalMSSociety.org/NewToMS)



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