



BEYOND DIAGNOSIS

Moving forward with MS

Hearing those words “you have multiple sclerosis” can set off a flood of emotions, fears and questions. But the information and support you need most can be found right here.

The National Multiple Sclerosis Society and the Marilyn Hilton MS Achievement Center at UCLA are offering this free program for people diagnosed within the past three years.

Join MS health and wellness professionals in an open conversation about the disease and how wellness practices can help you live your best life with MS.

Through this interactive conversation participants will:

- Have a better understanding of treatments to manage MS and its symptoms
- Learn how wellness practices integrate into healthy living with MS
- Have a chance to connect and share with managing a new diagnosis
- Discover the wealth of resources available through the National MS Society to understand and manage life with MS

Featured presenters from the Marilyn Hilton MS Achievement Center at UCLA and the National MS Society, Southern California & Nevada Chapter include:

- Kevin Patel, MD, Medical Director
- Kara Deliman, MS, CPT, Executive Director
- Franciso Ornelas, NASM-CPT, CES, CNC
- Clinical Exercise MS Specialist
- National MS Society and other professionals

Classes start January

Registration required.

To learn more about this program and determine if it is right for you contact:

Kara Deliman

Marilyn Hilton, MS Achievement Center at UCLA

call: (310) 341-5459 or (310) 267-4071

email: KDeliman@mednet.ucla.edu