



Living Well

Living Well with MS is an extraordinary program that was designed to help those living with a recent diagnosis better understand multiple sclerosis and develop lifestyle strategies that can help diminish the effects of the disease. This 12-week wellness class helps those newly diagnosed with MS within the last 2 years explore what they can do to positively impact personal well-being. Discover what you can do to enhance the manageability of your disease and integrate healthy lifestyle practices in your everyday life.

The Living Well Experience provides fun and interactive activities that let you try out new strategies while exploring topics like fatigue, stress management, employment & careers, relationships, and more! You also have access to wellness professionals in Los Angeles who can help you develop a personalized exercise plan and support you in your learning all along the way.

TAKE THE NEXT STEP TO LIVING WELL WITH MS.

Contact: Marilyn Hilton MS Achievement Center at UCLA
Lisa Guerette at 310-267-4071

Program will be offered Virtually March-May, 2022 Mondays from 6-8 pm.