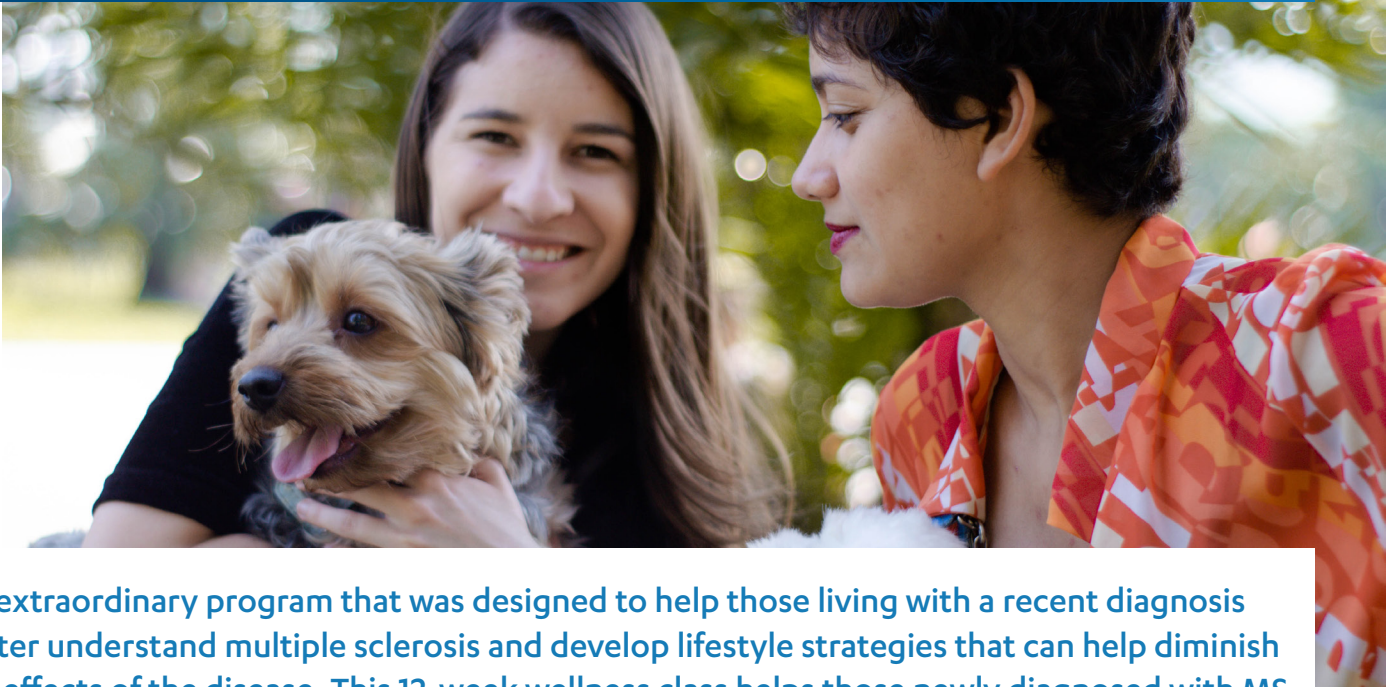




LIVING WELL WITH MS

Better understand Multiple Sclerosis



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 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.

Program Cost:

We are committed to making 'Living Well With MS' accessible to as many individuals with MS as possible. To cover operational expenses and ensure the highest level of service, there is a nominal program fee of \$60 for the entire 12-week duration. We believe this investment in your well-being will yield invaluable benefits in the long run.

Classes start March

Application and Medical Clearance required. Registration required.

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

Kara Deliman

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