

# **Managing Life with MS**

## **A new educational program for individuals living with Multiple Sclerosis (MS)**

Following a diagnosis of MS, people may visit their doctor regularly yet do not have the tools and strategies necessary to successfully adjust to the changes associated with MS.

This 3 week program is aimed at empowering individuals living with MS to navigate life with improved independence, confidence and success.

## **Objectives**

- 1- To better understand MS in the context of healthy living
- 2- To learn strategies to cope with physical, cognitive and emotional changes associated with MS
- 3- To maximize independence in the areas of self-care, productivity and leisure
- 4- To develop the foundation for long term management of their condition

**The program is developed and run by a Physiotherapist and an Occupational Therapist specializing in Neurological Rehabilitation including extensive experience in the area of MS management.**

**DATES: WEDNESDAY NOVEMBER 6, 13, 20**

**TIME: 1:00 pm – 3:00 pm**

**PLACE: CANADA SCOLIOSIS & NEURO CENTRE**

**ADDRESS: 685 SHEPPARD AVE. EAST UNIT # 504 M2K 1B6**