

Life is a journey, here's your

PASSPORT

to Living Well



Launch your own
personal journey

Join us for this new series of events

Your Passport To Living Well With MS



Discover a whole world of information, ideas and support. Explore your options for living a full and active life. Learn strategies for coping with the challenges and setbacks.

Get expert advice on communicating with healthcare providers, family and friends. Discover the pro's and con's of various therapies so you can make a well-informed decision about what's right for you.

This is where you'll find the information and the *inspiration* you need to live your life, not your MS. So please join us—by web or by phone—for this next phase in our ongoing series. You won't want to miss a single webevent!



MS *LifeLines*SM

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Discover the Route That's Right for You

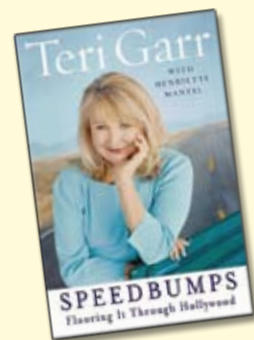


Whether you've been living with MS for a while, or you're newly diagnosed, MS In Balance is for you. Each information-packed webevent is designed to deliver practical, in-depth, hands-on information you can really use—no matter what route you choose to living well.

- Learn from medical experts and MS LifeLinesSM Ambassadors
- Send in your questions and comments live via the web or call our toll free phone line
- Get answers and support you're looking for
- Compare notes and practical information with other people living well with MS

Win Teri Garr's book! Register Now!

Be one of the first 20 people to log onto each webevent and you will automatically win Teri Garr's book *Speedbumps: Flooring It Through Hollywood*. Winners announced after each Webevent. (Eligible to win only once throughout webevent series.)



09|27

Meet Your "MS Travel Agent"



Join Brian Hutchinson, Director of the Heuga Center and MS LifeLines Ambassadors to explore your options for living an active life with MS. Learn how proven strategies for handling the emotional, physical and mental aspects of MS can help you get the most out of your journey.

10|11

Charting Your Course to Living Well with MS



Speaker Name, Title

Get expert advice and guidance. Choose the path that works best for you and your family. Then map out your journey. Decide what therapy is best for you. Learn how to manage side effects. Consider what to tell your family about your MS. Explore the many routes to living well.

10|25

MS Language Lessons



Speaker Name, Title

MS has a language all its own. Learn how to refine your communication skills. How to talk with your healthcare providers. How to speak up for yourself. What to discuss with your family and friends. How to manage people's expectations.

11|08

Pack Your Bags for Living with MS



Speaker Name, Title

You've chosen a path. Learned the language. Now we'll provide you with the tools you need for a successful journey. Including a logical framework for making a well-informed decision about your MS Therapy.

11|15

Expect Delays



Speaker Name, Title

Detours and delays are to be expected living with MS. Learn how to overcome them. How to manage side effects. How to minimize their impact on your daily life. And how to communicate effectively with partners, family members and co-workers when issues do arise.

12|13

Passport to a Harmonious Holiday



Speaker Name, Title

Celebrate your successful journey with Teri Garr. She'll be offering insights on the positive aspects of living with MS and tips on how to make the most of your holidays.



Join us online or by phone

You must first register to attend any webevent by going to www.MSLifeLines.com or calling toll free 1-800-350-5416

Passport Series 06

All programs begin on Wednesdays at 8:00 pm ET

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Flooring It Through Hollywood
(Some restrictions. See details inside.)

