

What is Smoldering MS?

CAN DO
MULTIPLE SCLEROSIS

WEBINAR 
WEDNESDAYS

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NOVEMBER & DECEMBER PROGRAMS

Thursday, November 9

JUMPSTART

Listening as Well as Talking;
Strategies for Better Communication

Tuesday, November 14

YOUR QUESTIONS ANSWERED

Communication

Wednesday, November 29

MS MOVES

Wednesday, December 6

WEBINAR

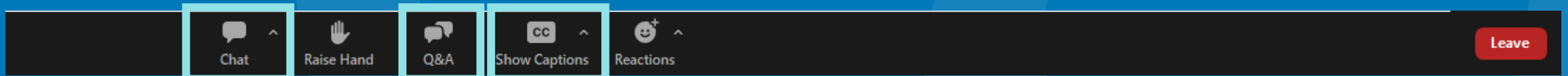
2023 Research Round Up



CANDO-MS.ORG

How to Ask Questions During the Webinar

Type in your questions
using the Questions Box



Provide comments and engage
with the speakers and audience
using the **Chat Box**

NEW! Closed captioning

YOUR SPEAKERS



Roz Kalb
Psychologist

West Bath, Maine



Gabriel Pardo
Neurologist

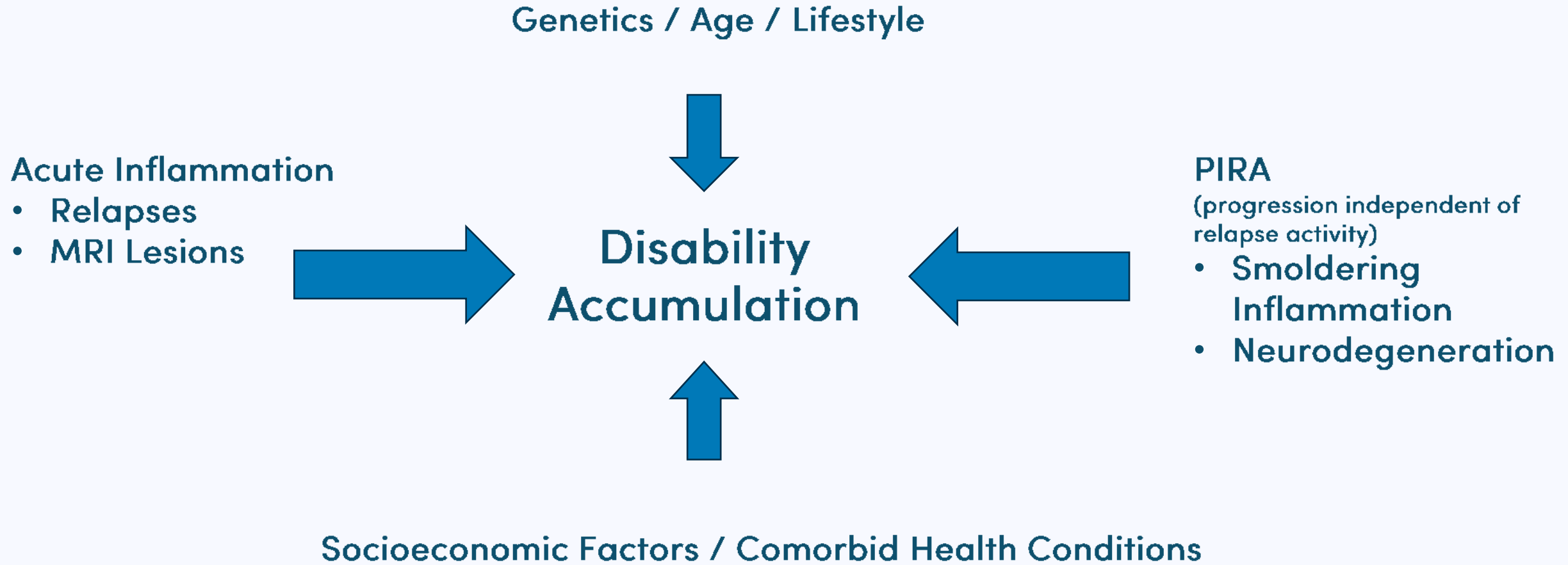
Oklahoma Medical
Research Foundation



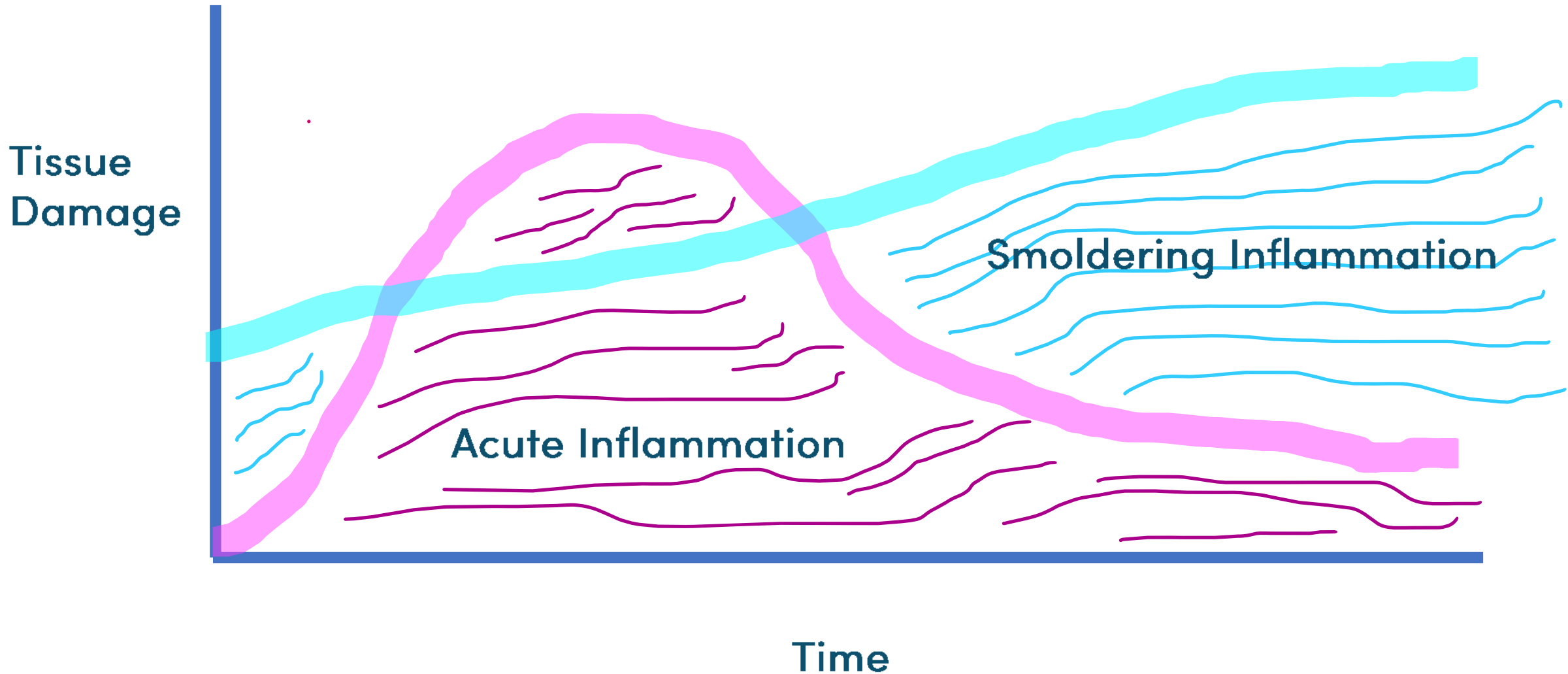
Marie Moore
Nurse Practitioner

Charlotte, NC

Factors That Drive Disease Progression



Factors Contributing To Tissue Damage Over Time



Possible Areas for Goal Setting

- Care of Oneself
- New Learning
- Exercise
- Nutrition
- Coping/Adaptation
- Symptom Management
- Relationships and Communication
- Contributing to Your Community



Q+A



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12.06.2023

Next Month:

2023 Research Roundup

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