2025 Outcomes Report

CAN DO
MULTIPLE SCLEROSIS

Research prepared by Accelerated Cure Project for MS
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CAN DO
MULTIPLE SCLEROSIS

THANK YOU FOR YOUR SUPPORT!

371,458 Participants & Engagements in 2025

⬆ **76% increase over 2024!*

Community Programs

418 In-person Participants • 678 More About MS Archive Views • 11 Programs

TAKE CHARGE

TAKE CHARGE
229 Participants
3 Programs

BLACK COMMUNITY MEETUPS
279 Participants
4 Meetups

COACHING
1,660 Participants
3 (4-week) Programs

JUMPSTART

WEBINARS
18,119 Participants
17 Webinars

JUMPSTART
1,919 Participants
10 Programs

YQA
473 Participants
4 Programs

On-Demand

PODCASTS
7,765 listens

VIDEO SHORTS
259,633 views

ARTICLES
55,697 views

Exercise

MS MOVES VIDEOS
21,779 views

MS MOVES MEETUPS
6 Meetups • 523 participants

CAN DO
MULTIPLE SCLEROSIS

Can Do MS Update
Jan. 1 - Dec. 31, 2025

Program Impact:

371,458 in total reach was achieved through our live and on-demand health and wellness education, reaching people living with MS, their families, and the broader community, fueled by growth in short-form video.

LIVE EDUCATION

24,649 people engaged in our live and interactive programs, offering direct interaction with MS healthcare professionals and connections with others living with MS.

ON-DEMAND EDUCATION

346,809 people engaged with our on-demand webinars, short form videos, articles, and podcasts to better learn how to manage their MS and improve their overall health.

Outcomes:

After attending aCanDo MS In-person Community Program, participants noted the following outcomes:

- 85% learned more about Disease-Modifying Therapies (DMTs), healthy nutrition exercise, and emotional well-being.
- 81% have a better understanding of what is new in MS treatments.

After engaging in a Can Do MS program, participants noted the following outcomes:

- 95% would recommend the program to others with MS.
- 89% are satisfied with the information they learned.

Highlights:

- In-Person Participation: We welcomed 418 participants across 11 in-person sessions in 2025.
- JUMPSTART Engagement: Our JUMPSTART programs attracted an average of 192 live attendees, demonstrating robust interest and active participation.
- Coaching Program Commitment: Our 4-week Coaching sessions averaged 124 attendees. Notably, Mind Over MS: Strategies for Staying Sharp, achieved a 93% persistence rate, underscoring our participants' dedication and sustained involvement.

Core Topics:

COGNITION AND MS:

Providing a safe space to process the toll of MS on your mental health as well as explore the interaction between your mental well-being and your cognition.

FATIGUE AND SLEEP:

Explore the causes of MS fatigue, learn practical energy strategies, improve sleep with proven habits, and maintain better energy and overall well-being daily.

DIET AND EXERCISE:

Create manageable and attainable health and wellness goals to fuel your body with what it needs and move to feel energized.

CARE PARTNERS:

Explore strategies to plan for the future, support safety and independence, and navigate the complex emotions that come with caring for someone living with MS.

DISEASE MODIFYING THERAPIES (DMTS):

Learn about DMTs for MS, how they work to slow disease progression, and what to consider when choosing the right option.

MS IN THE BLACK COMMUNITY:

Explore the challenges faced by the Black MS community, how motivation influences emotional well-being, and strategies to set goals and stay driven.

MS AND VISION:

Understand the various visual challenges that can come with MS, how your care team can help, and strategies to minimize their impact on your daily life.

NEWLY DIAGNOSED:

Understand what a new MS diagnosis means, how to build a strong care team, and practical steps to navigate the early stages with confidence and support.

REDUCE YOUR RISK OF FALLING:

Discover common factors that increase fall risk with MS, how your care team can help, and practical strategies to stay steady and safe in daily life.

AGING WITH GRACE:

Explore practical ways to prioritize your safety, independence, and well-being while embracing the wisdom that comes with experience.

What People Are Saying:

“This continues to help me create community with people living with MS as we work through making positive change.”

“Best Can Do webinar so far! I loved the contrast between the neurologist and psychologist. As a person living with MS, I felt empowered by the knowledge of progression and biological processes—and validated in my feelings and anxiety about it.”

“This was by far the best webinar I’ve attended with Can Do MS. I’m facing progression right now, and this helped me understand it so much better. I still don’t want the expanding lesions—but at least now it makes sense what’s happening to me!”

“I’ve been living with MS for over 30 years, and I’m still learning! With more understanding of what I can do to help myself, I’m focusing more on overall wellness —exercise, mental health, nutrition, and being socially active.”

“I gained knowledge of MS and the ability to talk with my doctor without needing to slow him down when using technical terms.”

“Patients never have enough time with medical providers. Webinars help keep us ‘in the know’ about new treatments, studies, and techniques.”

“Grief and anger about progression are normal. Hearing others talk about it helped me feel less alone.”

“Just interacting more with others was meaningful. I never talk about my MS, and it lifts a load off me to speak freely with people who understand. It’s almost joyful.”

“Tonight’s program helped me see pain as something that doesn’t always have to be addressed with medicine. I can change my relationship to pain, which changes how I experience it.”

“Thank you all for the information you shared. I’m very new to this and have my first appointment with a neurologist this week. This diagnosis was shocking, and I’m still trying to process and accept it—but the suggestions and expectations shared were so helpful.”

Digital Highlights:

WEBSITE

TOTAL USERS
121K
33% ↑

SESSIONS
182K
26% ↑

A focus on SEO drove significant web growth in 2025 (users +33%, sessions +26%), alongside stronger traffic from social media and email communications.

SOCIAL MEDIA FOLLOWERS

FACEBOOK
14,231

TWITTER/X
7,254

INSTAGRAM
4,742

TOTAL FOLLOWERS
34,067
12.12% ↑

YOUTUBE
4,733

TIKTOK
3,107

EMAIL PERFORMANCE

E-NEWS SUBSCRIBERS
34,762

PROGRAMS SUBSCRIBERS
22,704

AVERAGE OPEN RATE
38.78%

We migrated to HubSpot in 2025 and cleaned our email data, prioritizing list quality and long-term performance over raw volume.

VIDEO ANALYTICS

YOUTUBE VIDEO VIEWS
103.7K
24% ↑

FACEBOOK VIEWS
174.4K
72% ↑

INSTAGRAM REELS VIEWS
90.8K
32% ↑

TOP 5 ARTICLES

→ What does MS Eye Pain Feel Like?
→ Prehabilitation for MS: A Proactive Approach
→ Understanding Numbness in Multiple Sclerosis
→ Mental Health and MS: Why Anxiety is So Common
→ A Guide to MS Cognitive Screenings

TOP 5 VIDEOS

→ Cafe MS | Confirmatory Trial for Alleviated Fatigue in MS
→ Nighttime Safety Hack for MS
→ Newly Dx: Conversations with Your Doctors
→ Get Ready with Me for Sleep
→ Mental Exercise to Combat MS Numbness

Additional Highlights:

CAN DO MS PODCAST

ALL TIME LISTENS
107.2K

TOTAL 2025 LISTENS
7.7K

IMPACTFUL PLAYS
89%

Impactful Plays is the percentage of listeners who listened to at least 75% of the podcast.

TOP 5 EPISODES

→ Facing MS: From First Symptoms to First Steps
→ Aging with MS: Navigating the Journey
→ My MS Story
→ Living Well with MS While Managing Pain
→ Finding Your Calm: Mindfulness and MS

WHERE ARE OUR LISTENERS?

→ United States
→ Canada
→ United Kingdom
→ Australia
→ Germany

85% of Can Do MS Podcast Listeners prefer to listen on their mobile devices.

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CAN DO
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EXECUTIVE SUMMARY

PROGRAM IMPACT

Can Do MS delivers a dynamic portfolio of education, coaching, movement, and community-based programs that equip people affected by multiple sclerosis with the tools, confidence, and support to move forward—no matter where they are in their MS journey. The pages that follow highlight outcomes from foundational self-management programs; peer and community meetups, including equity-focused formats; movement and safety initiatives; and coaching series focused on cognition and aging.

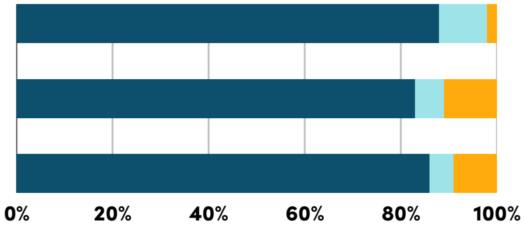
Across diverse formats and topics, a clear pattern emerged. Participants often arrived motivated but unsure of next steps. They left with greater confidence, practical strategies they could apply immediately, and a stronger readiness to take action. Time and again, Can Do MS programs turned education and connection into measurable gains in disease self-management, emotional resilience, and effective engagement with healthcare teams.

MOTIVATION TURNED INTO MEANINGFUL ACTION

Across program types, **77%- 89% of participants reported making or planning meaningful changes in how they manage MS.** These actions included adopting symptom management strategies, modifying movement and safety behaviors, and making intentional changes to daily routines.

CONFIDENCE AND SELF-EFFICACY IN MS DISEASE MANAGEMENT

Participants consistently reported high confidence in skills essential for effective MS disease management:



Managing MS symptoms during daily activities: **88%- 98%**

Asking questions and advocating for needs: **83%- 89%**

Managing stress and emotional challenges: **86%- 91%**

These gains reflect participants' increased capacity to engage proactively in treatment discussions and symptom management, rather than reacting to challenges after they arise.

ENGAGEMENT WITH HEALTHCARE TEAMS IMPROVED

Across programs, participants reported greater preparedness and confidence engaging with their MS care teams. Many identified specific questions to bring to appointments, felt more comfortable discussing symptoms and treatment considerations, and reported stronger collaboration with healthcare providers.

High confidence collaborating with healthcare providers (87–95%) signals improved readiness for shared decision-making—an essential component of effective treatment planning and long-term disease management.

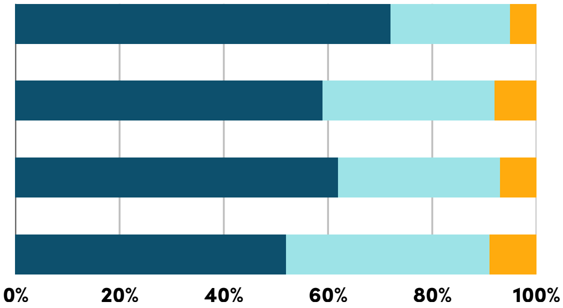
EMOTIONAL WELLBEING IMPROVED AND ISOLATION DECREASED

Across programs, participants described feeling less overwhelmed by MS-related uncertainty and more emotionally supported. **81–97% gained peer connection which emerged as a consistent driver of confidence, motivation, and engagement.**

> *"Just interacting more with others who understand my MS lifts a load off me. Being able to speak freely is meaningful—it's almost joyful." - CDMS Program Participant*

QUALITY OF LIFE IMPROVED ACROSS MULTIPLE DOMAINS

Participants across programs reported improvements in:



Overall quality of life and wellness: **72%- 95%**

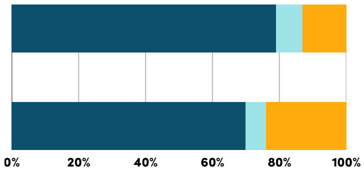
Mental health and emotional coping: **59%- 92%**

Social relationships: **62%- 93%**

Physical health or daily participation: **52%- 91%**

CHANGES WERE SUSTAINED BEYOND PROGRAM COMPLETION

Programs that included follow-up or ongoing engagement demonstrated durability of impact:



Used MS management strategies introduced during the program: **79%- 87%**

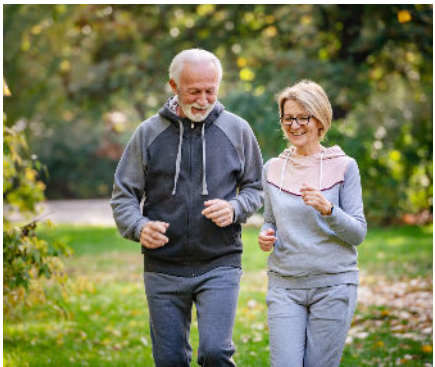
Maintained confidence in key behaviors at 3-month follow-up: **70%- 76%**

In cognition coaching, **100% of follow-up respondents reported continued use of cognitive strategies.**

WHY THIS MATTERS

Together, these findings demonstrate that Can Do MS programs consistently convert motivation into confidence, connection into action, and education into sustained MS disease management. By strengthening symptom management, communication with healthcare teams, and readiness for shared decision-making, these programs support the conditions necessary for effective treatment engagement and long-term quality of life.

The pages that follow provide deeper insight into how these shared outcomes are achieved through different program formats, each contributing to a cohesive, people-centered approach to MS care.



MS COMMUNITY PROGRAMS

COMMUNITY PROGRAMS OVERVIEW

Can Do MS Community Programs are full-day, in-person experiences designed to foster learning, connection, and activation for people living with MS and their care partners. Offered in select regions across the United States in partnership with leading MS Centers, these immersive programs create space for participants to build community while gaining practical tools to support a healthier, more balanced life with MS.

Through expert-led education, interactive sessions, and hands-on activities, Community Programs address key aspects of living well with MS—including physical health, emotional resilience, and symptom management. Participants engage directly with MS specialists and wellness professionals, connect with others who share similar experiences, and leave with actionable strategies they can apply in daily life.

In 2025, Community Programs were hosted in **11 locations across the United States, reaching a total of 418 attendees,** including people living with MS and their care partners.

2025 LOCATIONS

Birmingham, AL
Baltimore, MD
Houston, TX
Omaha, NE
Rochester, NY
McAllen, TX
New Orleans, LA
Sacramento, CA
Las Vegas, NV
Miami, FL
Phoenix, AZ*

To better serve local needs, the McAllen, TX Community Program was presented in both English and Spanish, supporting a community in which nearly 80% of participants are Spanish-speaking.

Additionally, the More About MS Community Program* was offered in person as part of the Consortium of MS Centers Annual Meeting in Phoenix, Arizona. This program reached **75 live attendees and an additional 678 individuals through archived views of the recorded session.**

The outcomes and participant feedback that follow reflect the impact of Community Programs on knowledge, confidence, connection, and overall well-being within the MS community.

CONNECTION, CONFIDENCE AND ACTION

MS Community Programs address key social determinants of health by reducing isolation, increasing access to understandable health information, and supporting participants' ability to engage in their care and community. By creating inclusive, accessible spaces for shared learning and peer connection, these programs strengthen the conditions that support long-term health and wellbeing for people affected by MS.

SOCIAL CONNECTION AND ENGAGEMENT

Community Programs fostered meaningful connection and engagement.

96%	Reported a positive experience with the information shared
97%	Rated opportunities for participation highly
85%	Reported feeling connected to others affected by MS

These outcomes reflect the role of Community Programs in reducing social isolation and strengthening peer support—factors closely linked to health outcomes and quality of life.

> *Hearing from others who truly understand what living with MS is like made me feel less alone.*
>
> *- Person living with MS*

> *Connecting with others who are also supporting someone with MS helped me feel understood and supported.*
>
> *- Care Partner*

> *It was validating to be in a space where invisible symptoms didn't need to be explained.*
>
> *- Person living with MS*

HEALTH CONFIDENCE AND CARE NAVIGATION

Following participation, participants reported strong confidence in their ability to manage MS in daily life and engage with support systems:

88%	Managing MS symptoms
85%	Seeking support when needed
90%	Participating in home and community activities
87%	Collaborating with healthcare providers

These outcomes highlight improvements in health literacy, self-efficacy, and care navigation.

> *I feel more confident talking with my healthcare team and asking the right questions.*
>
> *- Person living with MS*

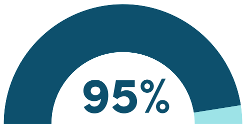
> *I have a better understanding of how to support my loved one and communicate with providers.*
>
> *- Care Partner*

> *I learned practical ways to manage my symptoms that I can actually use day to day.*
>
> *- Person living with MS*

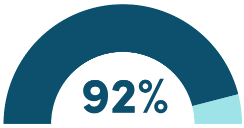
QUALITY OF LIFE

The MS Community Programs influenced not only how participants manage MS, but how they experience daily life—helping them feel more supported, better equipped, and more resilient in navigating ongoing challenges.

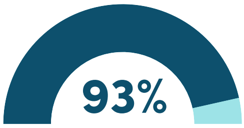
Meaningful gains were observed across all quality-of-life domains:



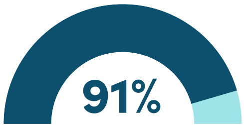
Overall Wellness



Mental Health



Social Relationships



Physical Health

> *I feel more in control of my MS and better equipped to manage symptoms.*
>
> *- Person living with MS*

> *The discussion around treatment, exercise, and daily habits helped everything feel more manageable.*
>
> *- Person living with MS*

> *Understanding the bigger picture has helped me support healthier routines at home.*
>
> *- Person living with MS*

READINESS TO ACT

Community Programs supported participants' readiness to make meaningful change:

84% | Reported plans to make health- or wellness-related changes

Participants described greater confidence in:

- Managing symptoms
- Collaborating with healthcare providers
- Supporting healthy routines at home
- Taking action related to treatment, movement, and daily habits

> *I left feeling motivated to make changes and try new strategies right away.*
>
> *- Person living with MS*

> *I'm more confident about making changes with my partner instead of feeling unsure where to start.*
>
> *- Care Partner*

SUMMARY & IMPACT

Community Programs reduce isolation while strengthening confidence, care navigation, and readiness to act. By combining peer connection with accessible education, these programs create the conditions for sustained engagement in health, care, and community—outcomes that directly support long-term wellbeing for people with MS and their care partners.

CORE PROGRAMS

CORE PROGRAMS OVERVIEW

Can Do MS Core Programs**—Webinar Wednesdays, JUMPSTART®, and Your Questions Answered (YQA)—** provide accessible, expert-led opportunities for learning, connection, and activation within the MS community. Delivered virtually throughout the year, these programs support people affected by MS in staying informed about current research and best practices while engaging meaningfully with MS experts and peers.

Webinar Wednesdays offer positive, easy-to-access learning experiences focused on health and wellness, featuring live presentations by leading MS healthcare professionals, interactive Q&A, and on-demand resources. JUMPSTART® and YQA complement this education through deeper engagement—combining structured learning, peer connection, and participant-driven discussion around monthly topics.

Together, these Core Programs introduce and reinforce the Can Do MS philosophy through large-group education, interactive virtual formats, and opportunities for shared learning and connection.

The outcomes and participant feedback that follow highlight the collective impact of these programs on knowledge, engagement, and confidence in managing life with MS.

2025 TOPICS

MONTH	TOPIC	CORE PROGRAM		
		Webinar	JUMPSTART	YQA
January	Healthy Habits	X		
February	Fatigue	X	X	X
March	Connecting With Your MS Community	X	X	
April	Vision	X	X	
May	Emotional Wellbeing	X	X	X
June	Bowel and Bladder	X	X	
July	Progression and MS	X	X	
August	Uncomfortable Symptoms	X	X	X
September	Disease Modifying Therapies (DMTs)	X	X	
October	Cognition	X	X	
November	Exercise and Healthy Nutrition	X	X	X
December	Emerging Therapies Research Update	X		
Special Webinar	Building a Healthcare Team You Can Trust	X		
Special Webinar	Hormonal Health and MS	X		

2025 ATTENDANCE

WEBINARS	
2025 Live Attendees	6.354
Total Views (Live & Archive)	18,119
JUMPSTART	
Attendees	1,919
YOUR QUESTIONS ANSWERED	
Attendees	473

PARTICIPANT BASELINE: GOALS, NEEDS AND READINESS TO ENGAGE

Participants entered the Core Programs motivated to improve how they manage MS, but often lacking confidence, clarity, and practical direction.

At baseline:

72% | Reported wanting to make meaningful changes in how they manage MS

- Fewer than half reported they felt confident managing MS-related challenges
- Many participants expressed uncertainty about:
    - How MS affects their body
    - What questions to ask their healthcare providers
    - How to cope with emotional and physical symptoms

> *I came to the program wanting to better manage my MS, but unsure how it affects my body or what to ask.*
>
> *- Person living with MS*

> *I was motivated to make changes, but I didn't feel confident or prepared to know where to start.*
>
> *- Person living with MS*

LEARNING AND KNOWLEDGE ACQUISITION

Across all program formats, participants reported strong learning outcomes.

92% | Reported learning more about the program topic

These findings demonstrate that the programs consistently delivered meaningful, accessible education across both multi-session and single-session formats.

WHAT PARTICIPANTS ARE SAYING

"I gained a better understanding of how MS affects my body and how hormones and sleep play a role."

"Even after many years with MS, I learned new, practical information I can actually use."

"The information was clear, accessible, and gave me answers to things I hadn't known to ask."

CONNECTION AND COMMUNITY

Participants also reported increased feelings of connection and reduced isolation:

85% | Felt more connected to others with MS or care partners

This suggests the programs effectively fostered community and shared experience—an important outcome for people affected by MS.

> *Hearing from others with MS reminded me that I'm not alone and that many of us are dealing with the same challenges.*
>
> *- Person living with MS*

> *There was a strong sense of community—listening to others helped me feel understood and supported.*
>
> *- Person living with MS*

MOTIVATION TO CHANGE AND SELF-MANAGEMENT

Participants entered programs motivated to improve their health and wellness—and post-program data shows that motivation translated into action.

72% | Wanted to make meaningful changes pre-program

88% | Implemented meaningful changes post-program **(13%↑)**

Meaningful changes included:

- Trying new movement or exercise strategies
- Improving sleep or fatigue management
- Preparing questions or notes for healthcare visits
- Seeking new providers, referrals, or MS-specific resources

WHAT PARTICIPANTS ARE SAYING

"I'm already trying new strategies—like manageable exercise, symptom tracking, and planning ahead for appointments."

"I left with concrete steps I could start implementing right away."

"The emphasis on small, achievable goals helped me feel less overwhelmed and more ready to take action."

SELF-EFFICACY AND CONFIDENCE

Following programs, participants reported strong confidence across key self-management domains:

92%	Managing MS symptoms during daily activities
88%	Managing symptoms in public or social settings
87%	Working with a treatment team to manage symptoms
86%	Handling negative emotions related to MS
86%	Managing stress and emotional challenges

WHAT PARTICIPANTS ARE SAYING

> *"I feel more confident advocating for myself and having meaningful conversations with my healthcare providers."*

> *"I now prepare questions and notes so I can actively participate in decisions about my care."*

> *"The program helped me feel capable of working with my care team instead of feeling dismissed or unsure."*

EMOTIONAL WELLBEING AND COPING

Beyond skills and knowledge, participants reported meaningful emotional benefits, including feeling:

- More reassured and emotionally prepared
- Less overwhelmed by MS-related uncertainty
- Better equipped to cope with emotional and physical challenges

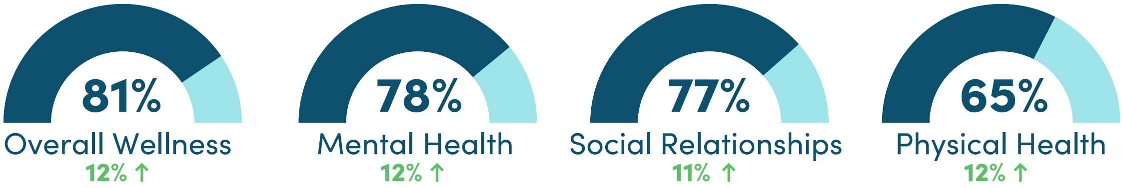
> ***"I feel less overwhelmed and more reassured knowing there are tools and strategies to help me cope."***
>
> ***- Person living with MS***

> ***"It helped me reframe how I think about pain, stress, and fatigue—and give myself more grace."***
>
> ***- Person living with MS***

> ***"I left feeling emotionally supported and better prepared to handle the ups and downs of MS."***
>
> ***- Person living with MS***

QUALITY OF LIFE

A strong majority of participants reported meaningful improvements across multiple quality-of-life domains following program participation:



Shows percentage change from pre to post program.

> ***“The program improved how I think about my overall wellness—not just my physical symptoms, but my mental health and relationships too.” - CDMS Program Participant***

CARE PARTNER IMPACT

Care partners also benefited from participation:

66%	Reported feeling confident supporting a loved one with MS
71%	Reported improved communication and teamwork

> *The program helped me better understand how to support my loved one and communicate more effectively.”*
>
> *- Care Partner*

> *I feel more confident working together as a team to manage MS.”*
>
> *- Care Partner*

> *I arrived motivated but uncertain and I’m leaving with knowledge, confidence, practical tools, and the support to better navigate life with MS.*
>
> *- Care Partner*

SUMMARY & IMPACT

The Core Programs meet participants where they are—motivated but uncertain—and deliver measurable gains in knowledge, confidence, and action. By combining accessible education, peer connection, and practical strategies, these programs support participants and care partners in translating readiness into sustained self-management and improved quality of life.

TAKE CHARGE PROGRAM

PROGRAM OVERVIEW

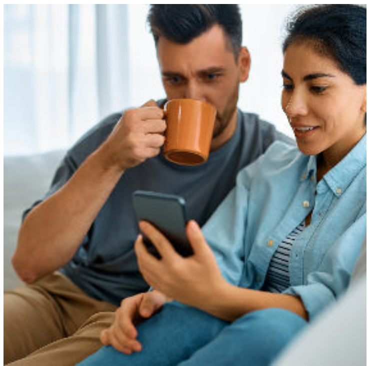
The Can Do MS TAKE CHARGE program is a one-day, virtual wellness experience designed to help people living with MS and their care partners set personal wellness goals across nutrition, physical health, emotional well-being, cognitive health, and self-advocacy.

Led by a team of Can Do Coaches, including healthcare professionals and wellness experts, the program combines extended presentations, community discussions, and one-on-one coaching to address participants' individual goals.

In 2025, three TAKE CHARGE programs were offered, each tailored to a specific audience or theme:

- Black Community **(50 attendees)**
- Building Your Toolchest **(64 attendees)**
- Women's Health **(115 attendees)**

The outcomes and participant feedback that follow highlight the program's impact on participants' knowledge, goal setting, confidence, and ability to take actionable steps toward improving their health and well-being.



PARTICIPANT GOALS: WHAT THEY HOPED TO GAIN

Before the program, participants shared their goals and needs. Most hoped to:

- Find hope, motivation, and encouragement
- Take a more active role in MS management
- Connect with others who understand MS
- Improve communication with healthcare providers and loved ones
- Connect with tools and resources to better navigate life with MS

Post-program outcomes show strong alignment between these goals and what participants ultimately gained.

NAVIGATING CARE

Participants reported increased confidence navigating MS care, including:

66%	Reported confidence in collaborating with their healthcare team
71%	Reported confidence in navigating tools and resources to help manage their MS

> *I now have clearer questions to bring to my doctor about symptoms, treatment options, and whether changes are needed.*
>
> *- Person living with MS*

> *This helped me feel more confident discussing treatments with my neurologist and participating in my care decisions.*
>
> *- Person living with MS*

MOTIVATION TO CHANGE AND SELF-MANAGEMENT

82%	Reported implementing changes post program

Meaningful changes included:

- Stress and sleep management strategies
- Symptom tracking and preparing for medical visits
- Exercise and movement adaptations
- Seeking new or additional healthcare providers

> *"I gained tools, resources, and a renewed sense of confidence that I can take charge of my MS and my quality of life." - CDMS Program Participant*

EMOTIONAL WELLBEING AND COPING

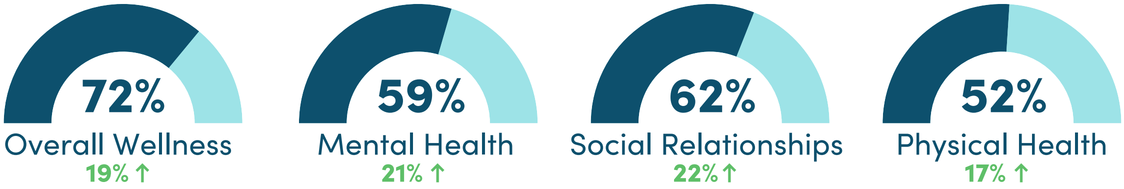
Participants reported substantial improvements in emotional resilience:

91% | Managing stress effectively **(14%↑)**
93% | Avoiding discouragement **(23%↑)**
88% | Getting emotional support **(19%↑)**

> ***"This program reminded me that I'm not alone…and that there are many ways to manage this disease and still live well." - CDMS Program Participant***

QUALITY OF LIFE

Meaningful gains were observed across all quality-of-life domains:



Shows percentage change from pre to post program.

> ***"I learned practical strategies I can start using now, like manageable exercise, symptom tracking, and small goals that don't feel overwhelming." - CDMS Program Participant***

CARE PARTNER IMPACT

71% | Reported confidence in supporting a loved one with MS **(25%↑)**
90% | Care partners reported improved communication and teamwork

SUMMARY & IMPACT

TAKE CHARGE programs translate participant motivation into measurable gains in care navigation, emotional resilience, and day-to-day self-management. Participants leave better prepared to engage with their healthcare team, apply practical strategies, and sustain hope and confidence—outcomes that support long-term wellbeing for people with MS and their care partners.

COACHING PROGRAMS

PROGRAM OVERVIEW

Can Do MS Coaching Series are multi-part, virtual programs designed to support goal setting, skill-building, and sustained behavior change for people living with MS and their care partners. Delivered in small-group formats, these Coaching programs create a supportive environment where participants connect with others on similar journeys while receiving guidance from trained Can Do Coaches.

Each Coaching Series consists of four weekly, 75–90 minute virtual sessions focused on a specific topic relevant to living well with MS. Through facilitated discussion, structured activities, and individualized goal setting, participants develop actionable plans, build accountability, and apply new strategies in their daily lives.

Coaching programs emphasize learning, connection, and active participation—encouraging participants to share experiences, track progress, and support one another throughout the series. The programs introduce and reinforce the Can Do MS philosophy through live, interactive sessions, small-group discussion, and personalized goal development.

2025 Coaching Topics:

- Mind Over MS: Strategies for Staying Sharp (Cognition)
- How to Reduce Your Risk of Falling
- Aging with Grace

The How to Reduce Your Risk of Falling program featured three additional 90-minute Meetups. The outcomes and participant feedback that follow highlight the impact of Coaching Series on confidence, skill adoption, and meaningful progress toward personal goals.

COACHING PROGRAMS

PROGRAM OVERVIEW

MIND OVER MS: STRATEGIES FOR STAYING SHARP

The Mind Over MS: Strategies for Staying Sharp Coaching Series was a four-week, virtual program designed to help participants better understand and manage cognitive changes associated with MS.

Through guided discussion and practical skill-building, the series explored how cognition can affect daily life—including communication, relationships, and routine—and offered personalized strategies to support mental clarity and confidence.

Led by Can Do MS Coaches in a small-group setting, participants were encouraged to reflect on their experiences, set individualized goals, and apply new tools between sessions. The **total program attendance was 435** across the four ssessions with a **93% retention rate over the 4 weeks.** (Week 1: 115; Week 2: 112; Week 3: 100; Week 4: 108).

The outcomes and participant feedback below highlight the program's impact on awareness, strategy adoption, and confidence in managing cognitive challenges related to MS.

PARTICIPANT BASELINE: COGNITIVE CONCERNS, GOALS AND READINESS TO ENGAGE

Participants entered the Cognition Coaching Series with clear motivation to improve how they manage cognitive challenges related to MS, alongside notable gaps in confidence and daily functioning.

At baseline:

85%	Wanted to learn more about managing cognitive challenges
77%	Hoped to make a meaningful change in how they manage MS
44%	Rated their ability to manage cognitive challenges as good or better

This underscored a clear need for targeted, cognition-focused support.

> *I feel encouragement to handle cognitive and executive functioning issues that we face.*
>
> *- Person living with MS*

> *This program will help me maneuver cognitive challenges and improve the quality of my life.*
>
> *- Person living with MS*

LEARNING, CONNECTION, AND ACTIVATION

Following program participation:

91%	Reported learning more about managing cognitive challenges
84%	Felt more connected with others with MS or care partners
84%	Reported making meaningful changes in how they manage MS

These findings suggest the coaching format effectively translated education into action.

SELF-EFFICACY AND CONFIDENCE

Participants demonstrated substantial improvements across key cognitive, emotional, and self-management domains:

84% | Reported confidence in asking for help **(31% ↑)**

70% | Reported confidence in finding ways to manage stress **(22% ↑)**

67% | Reported confidence in getting emotional support **(21% ↑)**

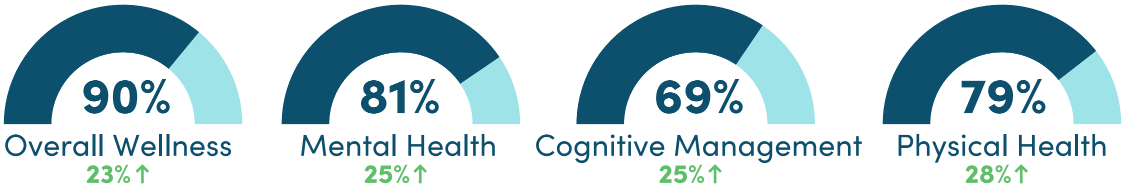
72% | Reported confidence in talking about MS with someone **(21% ↑)**

70% | Reported confidence in bouncing back from disappointment **(20% ↑)**

These gains reflect growth not only in cognition-specific skills, but also in resilience, communication, and self-advocacy.

QUALITY OF LIFE

The Cognition Coaching Series was associated with meaningful improvements across multiple quality-of-life domains, including cognition-specific functioning:



Shows percentage change from pre to post program.

3-month follow-up (exploratory):

Among participants who completed the 3-month survey, quality-of-life ratings remained strong:

100% | Rated overall quality of life and physical health as good or better

100% | Remained confident working with a treatment team

100% | Continued using cognitive strategies

SUMMARY & IMPACT

The Cognition Coaching Series addresses a critical and often unmet need in MS care. Participants moved from low baseline confidence to substantial, durable gains in cognition-related self-management, communication, and resilience—outcomes that support sustained engagement and long-term quality of life.

COACHING PROGRAMS

PROGRAM OVERVIEW

HOW TO REDUCE YOUR RISK OF FALLING

The How to Reduce Your Risk of Falling Coaching Series was a four-week, virtual program designed to help participants address concerns related to balance, mobility, and fear of falling. Recognizing the significant impact falls can have on confidence and independence, this series focused on practical, proactive strategies to enhance safety and support continued engagement in daily activities.

Through guided discussion and skill-building, participants explored environmental adaptations, assistive tools, communication strategies, and targeted exercises to reduce fall risk. Led by Can Do MS Coaches in a supportive small-group setting, the series emphasized individualized goal setting, shared learning, and applying strategies between sessions.

The **total program attendance was 626** through live sessions, meetups, and on-demand video content. Live session attendance included Week 1 (91), Week 2 (74), Week 3 (59), and Week 4 (69), with additional engagement through three facilitated meetups (44, 40, and 46 participants, respectively).

Educational video resources further extended program reach, with 53 views of Understanding Falls, 95 views of How Balance Works, and 65 views of 7 Common Mistakes People Make When Using Adaptive Tools.

The outcomes and participant feedback that follow highlight the program's impact on knowledge, confidence, and participants' ability to take actionable steps toward safer, more independent living with MS.

PARTICIPANT BASELINE: FALL RISK, CONFIDENCE AND READINESS TO ENGAGE

Participants entered the program highly motivated to reduce fall risk, but with notable gaps in confidence and safety-related self-efficacy.

At baseline:

74%	Reported wanting to make meaningful changes to reduce their risk of falling
48%	Felt confident preventing falls during daily activities
42%	Reported feeling fearful or cautious about movement due to fall risk

LEARNING AND AWARENESS

Following program participation, participants reported strong learning outcomes and increased awareness of fall risks.

91%	Learned somthing about fall prevention strategies
78%	Learned a significant amount about how to prevent falls
84%	Increased awareness of environmental and movement related fall risks

> *I gained new strategies to reduce my risk of falling and have already started using them.*
>
> *- Person living with MS*

> *I’m much more aware of risks in my environment and how small changes can reduce my chances of falling.*
>
> *- Person living with MS*

BEHAVIOR CHANGE: MEANINGFUL SAFETY ACTIONS TAKEN

Participants translated awareness into action:

82%	Made meaningful changes to reduce fall risk
61%	Reported making changes related to fall risk

Meaningful changes included:

- Modifying home environments
- Adjusting how and when they move
- Being more intentional about balance, pacing, and fatigue management

A meaningful mindset shift emerged around safety behaviors and assistive devices:

69%	Reported increased comfort using supports and adaptive strategies
73%	Felt empowered to prioritize safety without feeling restricted
72%	Reported reduced fear related to falling

> *I started thinking about assistive devices as tools for safety rather than signs of decline.*
>
> *- Person living with MS*

> *It made me more mindful of how I move through my home and everyday spaces.*
>
> *- Person living with MS*

SELF-EFFICACY AND CONFIDENCE

Participants demonstrated substantial gains in confidence related to fall prevention:

72%	Increased confidence in preventing falls **(24%↑)**
77%	Increased confidence in identifying fall risks **(26%↑)**

> *I regained confidence that I had lost and feel more capable of moving safely again.*
>
> *- Person living with MS*

> *I'm paying more attention to balance and how I move, especially when I'm tired*
>
> *- Person living with MS*

ENGAGEMENT AND DURABILITY

Daily tracking data showed sustained application:

87%	Reported intentional use of at least one fall-prevention strategy

At 3-month follow-up, participants reported:

79%	Reported continued use of fall-prevention strategies
70%	Remained confident in preventing falls
76%	Reported ongoing awareness of fall risks

SUMMARY & IMPACT

The How To Reduce Your Risk of Falling Coaching Program produced measurable, meaningful impact across knowledge, confidence, behavior change, and sustained engagement. Participants entered motivated but uncertain, with less than half confident in preventing falls. Post-program, large majorities reported increased awareness, actionable behavior change, and significantly improved confidence.

Daily tracking data demonstrate repeated real-world application, and 3-month follow-up findings suggest these gains persist beyond program completion.

COACHING PROGRAMS

PROGRAM OVERVIEW

AGING WITH GRACE

The Aging with Grace Coaching Series was a four-week, virtual program designed to support people living with MS as they navigate aging with confidence, adaptability, and resilience. Rather than focusing on limitations, the series emphasized practical strategies for maintaining safety, independence, and overall well-being while embracing the strengths and insights gained through life experience.

Through guided discussion and skill-building, participants explored priorities for aging well, strategies for navigating difficult conversations, and tools to feel more prepared for uncertainty. Led by Can Do MS Coaches in a supportive small-group setting, the program encouraged reflection, shared learning, and individualized goal setting to support meaningful behavior change.

The **total program attendance was 599** across four live sessions (Week 1: 167; Week 2: 160; Week 3: 139; Week 4: 133).

The outcomes and participant feedback that follow highlight the program's impact on preparedness, confidence, and participants' ability to take proactive steps toward aging well with MS.

PARTICIPANT BASELINE: AGING, UNCERTAINTY, AND READINESS TO ENGAGE

Participants entered the Aging with Grace Coaching Series motivated to navigate aging with MS more intentionally, while expressing uncertainty about what aging "should" look like and how to plan for the future. Participants sought reassurance, language, and frameworks to approach aging proactively rather than reactively.

LEARNING AND INSIGHT

Following program participation:

89% | Reported learning more about aging with MS

"I gained insight into how I should be dealing with some of my fears about getting older with MS." - CDMS Program Participant

CONNECTION, VALIDATION AND SHARED EXPERIENCE

Participants reported strong peer connection:

89% | Felt more connected to others with MS or care partners

MEANINGFUL CHANGE AND INTENTIONAL ACTION

76% | Reported making meaningful change in how they think about or manage aging with MS

Participants described applying program concepts to:

- Conversations with partners or family about future planning and support
- Reframing expectations around independence and asking for help
- Communicating changing needs to healthcare providers
- Aligning daily priorities with personal values rather than fear-based decision-making

> *The program helped me start conversations with my spouse about hard topics we'd been avoiding.*
>
> *- Person living with MS*

> *I gained clarity about what I want to focus on moving forward.*
>
> *- Person living with MS*

SUSTAINED PERSPECTIVE AT 3-MONTHS

At 3-month follow-up, participants reported:

- Greater peace and acceptance around aging with MS
- Continued use of language and frameworks introduced in the program
- Reduced internal conflict without resignation

> *I no longer feel like I'm struggling with symptoms and aging — I feel more settled and realistic*
>
> *- Person living with MS*

> *I gained reassurance that getting older doesn't mean giving up who I am.*
>
> *- Person living with MS*

SUMMARY & IMPACT

The Aging With Grace Coaching Series addressed a nuanced but critical gap in MS care: helping individuals navigate aging with intention, dignity, and emotional resilience. Participants entered motivated but uncertain, seeking reassurance, language, and perspective.

Post-program findings demonstrate strong learning, meaningful connection, and mindset shifts that translated into action and ongoing reflection. Weekly survey data show sustained engagement with program concepts, and 3-month follow-up responses suggest that gains in perspective and emotional adjustment persist beyond program completion.

MS MOVES

PROGRAM OVERVIEW

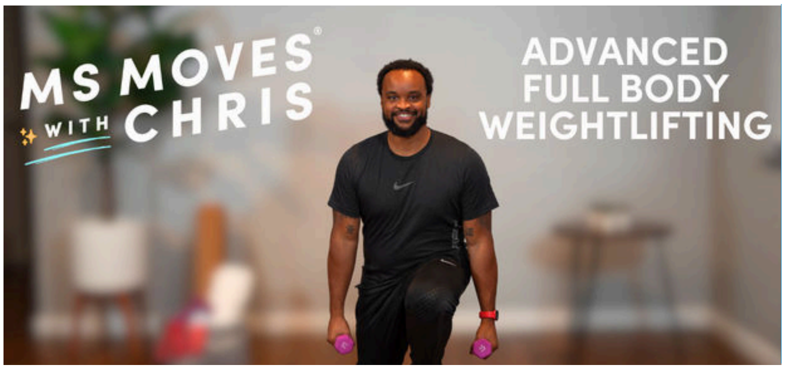
The Can Do MS MS Moves program helps participants build safe, effective exercise routines to support fitness, function, and daily mobility. Led by MS-certified specialists and physical therapy experts, the program combines brief exercise videos with interactive virtual meetups for goal setting, skill-building, and peer connection.

Participants learn practical strategies, set individualized goals, and share tips with others living with MS, fostering confidence, engagement, and consistency in staying active. The outcomes and feedback that follow highlight the program's impact on knowledge, motivation, and sustaining a routine tailored to participants' needs.

CONNECTION, CONFIDENCE, AND ACTION

MS Moves addresses key social determinants of health by reducing barriers to physical activity, increasing access to safe and adaptable movement, and strengthening confidence to participate in daily life with MS.

By creating inclusive, supportive spaces for physical activity, MS Moves supports participation, self-efficacy, and long-term self-management for people affected by MS.



ENGAGEMENT

MS Moves fostered meaningful connection and engagement through shared movement experiences:

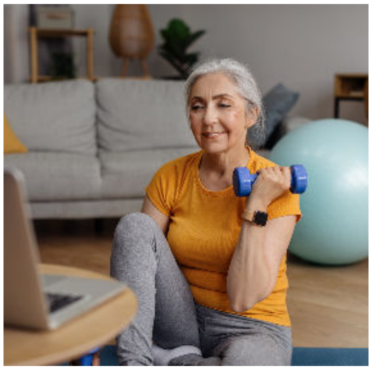
97%	Would recommend this program to people living with MS
93%	Were satisfied with information learned during the program
88%	Were satisfied with their connection to others during the program
86%	Reported improvements in their ability to do daily physical activities

These findings reflect MS Moves' ability to reduce fear and isolation around movement while encouraging safe participation.

> *Moving alongside others who understand MS made exercise feel less intimidating.*
>
> *- Person living with MS*

> *It helped to connect with others who are also trying to encourage movement in a safe way.*
>
> *- Person living with MS*

> *I feel a lot more confident exercising at home without the fear of hurting myself.*
>
> *- Person living with MS*



STRENGTHENING MS SELF-MANAGEMENT THROUGH MOVEMENT

MS Moves strengthened participants' capacity for MS self-management by reframing physical activity as adaptable, achievable, and sustainable.

Participants reported improved confidence:

- Integrating movement into daily routines
- Managing symptoms through activity
- Balancing safety with participation in physical activity

WHAT PARTICIPANTS ARE SAYING

"I learned that movement can be part of managing my MS, not something to avoid."
-Person living with MS

"This helped us see exercise as something we can do together."
-Care Partner

"I now understand how to support movement without pushing too hard."
-Care Partner

READINESS TO ACT

MS Moves supported participants' readiness to continue or expand physical activity beyond the program:

84% | Reported plans to make meaningful change related to movement or exercise

This demonstrates how accessible, supportive programming can translate into sustained behavior change.

> ***I feel motivated to keep moving and try new activities.***
>
> ***- Person living with MS***

> ***We left with ideas we can actually use at home.***
>
> ***- Care partner***

SUMMARY & IMPACT

MS Moves reduces barriers to physical activity by building confidence, fostering connection, and reframing movement as safe and adaptable. Participants leave better equipped—and more motivated—to integrate movement into daily life, supporting sustained self-management, physical participation, and overall wellbeing for people with MS and their care partners.

BLACK COMMUNITY MEETUPS

PROGRAM OVERVIEW

The Can Do MS Black Community Meetups are quarterly, virtual sessions designed to provide a positive, safe space for Black participants to connect, share experiences, and find support navigating life with MS. Led by Can Do MS consultants, each 75-minute session addresses topics relevant to the community.

2025 Black Community Meetup Topics:

- Staying Motivated with MS
- Cultural Nutrition - Honoring Traditions While Prioritizing Health
- A Balanced Approach to DMT's and Symptom Management
- Aging Gracefully with the Power of Movement

In 2025, the **total program attendance was 279** across four Black Community Meetups. These meetups offered strategies for goal setting, maintaining mental and physical well-being, and fostering connection with peers who share similar experiences.

The outcomes and participant feedback that follows highlight the program's impact on knowledge, confidence, engagement, and the sense of community within the Black MS population.

CONNECTION, CONFIDENCE, AND ACTION

Black Community Meetups are designed to address inequities in access, trust, and culturally responsive MS education by creating spaces where Black individuals affected by MS feel safe, seen, and supported. These Meetups combine practical education with peer connection to strengthen confidence, self-advocacy, and engagement in care.

LEARNING AND CONNECTION

Participants reported meaningful gains in understanding and connection:

93% | Reported learning more about meetup topic

87% | Felt more connect to others

> *Being in community with other Black people living with MS helped me feel seen, supported, and less alone.*
>
> *- Person living with MS*

> *This program gave me tools, resources, and a space where I felt safe asking questions and advocating for myself.*
>
> *- Person living with MS*

READINESS TO ACT

Black Community Meetups translated learning and connection into action:

89% | Made or planned to make a meaningful change in how they manage MS

Participants described increased motivation to:

- Improve movement and physical activity
- Make realistic dietary changes
- Apply new strategies for symptom management

> *I feel more motivated and confident to make changes to my exercise and diet, including healthier versions of the foods I love.*
>
> *- Person living with MS*

> *I learned that any movement counts—no matter how small—and that consistency matters more than perfection.*
>
> *- Person living with MS*

HEALTH CONFIDENCE AND QUALITY OF LIFE

Participants reported strong confidence across key domains:

98%	Reported confidence in managing symptoms during daily activities
89%	Reported confidence in asking for help
85%	Reported confidence in talking about MS with someone
81%	Rated their overall quality of life/wellness as good or better

> ***"I'm leaving with encouragement, practical strategies, and confidence that I can manage my MS in ways that fit my life." - CDMS Program Participant***

PREPAREDNESS FOR NAVIGATING CARE AND COMMUNITY

Participants identified concrete next steps after the Meetup:

95%	Felt more confident collaborating with healthcare providers
87%	Identified at least one new tool/resource to help plan for life with MS
86%	Identified at least least one group/event to fight MS

> ***"I learned things I could take back to my doctors to better advocate for myself." - CDMS Program Participant***

PROGRAM EXPERIENCE

Participants reported strong program experience:

94%	Would recommend the program to others living with MS
99%	Were satisfied with the information they learned

SUMMARY & IMPACT

Black Community Meetups demonstrate how culturally responsive, community-centered programming can translate connection and education into action. Participants left more confident, better equipped to self-advocate, and ready to engage in care and community—highlighting the role of culturally affirming spaces in advancing equity and improving MS outcomes.

CARE PARTNER MEETUPS

PROGRAM OVERVIEW

The Care Partner Meetups provide a supportive virtual space specifically for those who care for a loved one living with multiple sclerosis. These sessions recognize that care partners play a vital role in the MS journey and often face unique emotional, relational, and practical challenges. Through expert guidance and peer discussion, participants explore ways to care for their loved one while also maintaining their own well-being.

Each session focuses on common experiences care partners encounter over time—from navigating changing roles and communication dynamics to managing symptoms that affect daily life. Led by Can Do MS consultants and guest specialists, the Meetups combine professional insight with open conversation, allowing care partners to share perspectives, learn from one another, and gain practical strategies they can apply at home.

2025 Care Partner Meetup Topics:

- Balancing Care and Connection: MS as the Third Wheel
- Caring Through the Years
- Defining Help: Finding Common Ground
- Care Partner Perspectives: Which Symptoms Test You The Most

By combining expert guidance with authentic peer connection, the Meetups help care partners feel seen, supported, and better equipped for the evolving caregiving journey.

In 2025, the **total program attendance was 101** across four Care Partner Meetups – with many attendees returning throughout the year. This continued engagement highlights the value of the program as a trusted community where care partners can connect with others who understand their experiences, reduce feelings of isolation, and gain practical tools to navigate life alongside MS.

CONNECTION, CONFIDENCE, AND ACTION

Care Partner Meetups support those caring for a loved one with MS by strengthening peer connection, validating shared experiences, and providing practical strategies to navigate the evolving caregiving journey.

LEARNING AND CONNECTION

Participants reported meaningful gains in both understanding and connection:

92%	Learned more about the meetup topic
97%	Felt more connected to others

These findings demonstrate how peer connection and expert guidance help care partners feel supported, reduce isolation, and gain practical insight for supporting their loved one while also caring for themselves.

> ***"I gained connection with other care partners and being seen when I spoke was powerful and validating." - Care Partner Participant***

READINESS TO ACT

Care partner participants also showed early momentum:

73%	Made or planned to make meaningful change in how they manage their partner's MS

Participants described moving from simply receiving information to confidently taking action and planning their next steps.

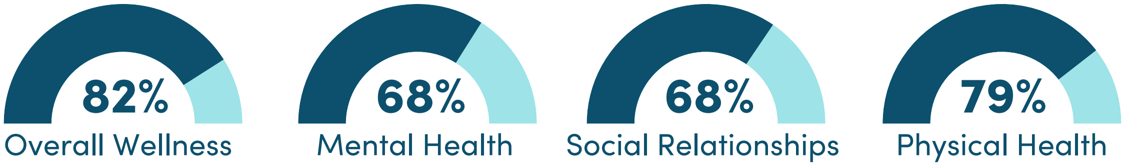
HEALTH CONFIDENCE

Participants reported strong confidence across practical and emotional domains, particularly:

92%	Reported confidence in asking for help when they don't understand
89%	Reported confidence in working with their loved one's treatment team to manage symptoms
87%	Reported confidence in avoiding feeling discouraged
87%	Reported confidence in bouncing back from disappointment

QUALITY OF LIFE

The Care Partner Meetups were associated with meaningful improvements in well-being, including coping skills, emotional support, and confidence in managing care.



PREPAREDNESS FOR NAVIGATING CARE AND COMMUNITY

Participants left the Meetups with concrete next steps:

86%	Felt more confident collaborating with healthcare providers
77%	Identified at least one new tool/resource to plan my future as an MS caregiver
73%	Identified at least one new tool/resource to take care of myself as an MS caregiver

> ***"It's always great to hear from the community and feel that my voice helps the group as their voices help me." - Care Partner Participant***

PROGRAM EXPERIENCE

Participants reported strong program experience:

97%	Would recommend the program to other care partners
97%	Were satisfied with the information they learned

SUMMARY & IMPACT

Care Partner Meetups provide timely, meaningful support for those caring for a loved one with MS. By combining peer connection, practical education, and expert guidance, these sessions help care partners move from uncertainty to confidence—strengthening coping skills, enhancing problem-solving, and fostering resilience that supports both their own well-being and the care they provide.

NEWLY DIAGNOSED MEETUPS

PROGRAM OVERVIEW

The Can Do MS Newly Diagnosed Meetups are virtual sessions designed to support people at the very start of their MS journey. These sessions provide a safe, welcoming space to connect with peers, share experiences, and learn from Can Do MS consultants. Thank you to Novartis for their support in 2025 as a founding collaborator.

Each session helps participants build confidence, understand their diagnosis, and gain practical skills for managing MS in daily life.

2025 Newly Diagnosed Meetup Topics:

- Diagnosed with MS... Now What?
- MS Treatment Decisions Simplified
- Finding Resources and Support You Can Trust
- Daily Life with MS: Employment, Family Planning, and Relationships
- Taking Control: Your Overall Health and Your MS
- Moving Into My New Normal with Confidence

By combining peer connection, expert guidance, and actionable strategies, the Meetups help participants move from uncertainty to confidence and take meaningful steps in their MS journey.

In 2025, the **total program attendance was 135** across six Newly Diagnosed Meetups. These sessions helped participants feel supported, reduce isolation, and begin planning for life with MS, highlighting the program's impact on knowledge, self-management, and community.

CONNECTION, CONFIDENCE, AND ACTION

Newly Diagnosed Meetups support people early in their MS journey by reducing uncertainty, strengthening peer connection, and building the skills needed to navigate care and daily life.

LEARNING AND CONNECTION

Participants reported meaningful gains in both understanding and connection:

88%	Learned more about the meetup topic
83%	Felt more connected to others

These findings highlight the role of early peer-based education in reducing isolation and information overload soon after diagnosis.

> ***"This helped me prioritize, give myself grace, and actually move forward with changes that feel doable." - CDMS Program Participant***

READINESS TO ACT

Newly diagnosed participants also showed early momentum:

77%	Made or planned to make meaningful change in how they manage MS

Participants described shifting from absorbing information to actively planning next steps.

HEALTH CONFIDENCE AND QUALITY OF LIFE

Participants reported strong confidence across practical and emotional domains, particularly:

93%	Reported confidence in asking for help when they don't understand
88%	Reported confidence in talking about MS with someone
86%	Reported confidence in managing symptoms during daily activities
86%	Rated their overall quality of life/wellness as good or better

PREPAREDNESS FOR NAVIGATING CARE AND COMMUNITY

Participants left the Meetups with concrete next steps:

88%	Felt more confident collaborating with healthcare providers
77%	Identified at least one question to ask their MS doctor/care team
69%	Identified at least one new tool/resource to help plan for life with MS

> *I now have specific follow-ups to bring to my doctor, including asking for referrals to better manage my symptoms.*
>
> *- Person living with MS*

> *I feel more prepared to talk with my MS neurologist about my medication plan and ask informed questions about next options.*
>
> *- Person living with MS*

> *I'm motivated to start moving my body more, adjust my diet, and build healthy habits that support my MS.*
>
> *- Person living with MS*

PROGRAM EXPERIENCE

Participants reported strong program experience:

86%	Would recommend the program to others living with MS
77%	Were satisfied with the information they learned

SUMMARY & IMPACT

Newly Diagnosed Meetups provide early, high-value support at a critical transition point. By combining peer connection, practical education, and actionable guidance, these programs help newly diagnosed individuals move from uncertainty to preparedness—building confidence, readiness to act, and foundational self-management skills that support long-term engagement in care.

2026

THE STORY
CONTINUES

In 2026, Can Do MS will continue delivering the trusted programs our community relies on while introducing new topics, fresh perspectives, and engaging in-person experiences designed to meet the moment.

Our programs are grounded in expertise, with a team of neurologists, rehabilitation specialists, mental health providers, wellness experts, researchers, and lived-experience leaders shaping the curriculum, guiding topic selection, and ensuring every program reflects both the latest research and the real-world needs of people living with MS and their care partners.

Together, we are leading the conversation in key areas impacting the MS community, from evolving disease course definitions to timely topics such as men's unique experiences with MS, weight loss medications, biomarkers in care, women's health, and emerging research and treatments. By balancing cutting-edge science with underrepresented perspectives, we provide practical, forward-thinking guidance that empowers our community to understand and navigate the evolving MS landscape.

Our core pillars — education, connection and activation — remain central, with programs across the country, monthly webinars, JUMPSTART® sessions, Coaching Series, quarterly "Your Questions Answered" forums, and meetups for newly diagnosed individuals, care partners, and specific communities.

In 2026, we're also launching the Can Do MS Summit, a dynamic one-day event combining expert insight, interactive sessions, and peer connection. By addressing emerging needs and delivering actionable guidance, we continue to help people with MS and their support partners build resilience, deepen understanding, and live their best lives.

2026

CAN DO
MULTIPLE SCLEROSIS

Together, we help people living with MS thrive—fostering lasting behavior change, strengthening families, and inspiring confidence, resilience, and hope.

THRIVE WITH MS | CanDo-MS.org

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