

RESOURCES FOR LIVING WELL WITH MS

IF YOU ARE LOOKING FOR ADDITIONAL INFORMATION ABOUT THE MS COMMUNITY, WELLNESS TIPS, AND OPTIONS FOR ASSISTANCE, CHECK OUT THE FOLLOWING ORGANIZATIONS! THIS IS NOT AN EXHAUSTIVE LIST. THOSE HIGHLIGHTED BELOW ARE JUST SOME OF THE ORGANIZATIONS SERVING THE MS COMMUNITY.



CAN DO MULTIPLE SCLEROSIS

Can Do Multiple Sclerosis offers health and wellness education programs to help individuals and families living with MS thrive. To learn more or join a program, visit cando-ms.org.



MULTIPLE SCLEROSIS ASSOCIATION OF AMERICA (MSAA)

MSAA is a leading resource for the entire MS community, improving lives today through vital services and ongoing support to individuals with MS, their families, and their care partners. Learn more about services and support at mymsaa.org.



MULTIPLE SCLEROSIS FOUNDATION

The Multiple Sclerosis Foundation, known in the MS community as MS Focus, is a nonprofit organization focused on providing free services that address the critical needs of people with MS and their families, helping them maintain the best quality of life. Visit msfocus.org.



NATIONAL MULTIPLE SCLEROSIS SOCIETY

The National MS Society funds cutting-edge research, drives change through advocacy, facilitates professional education, collaborates with MS organizations around the world, and provides services designed to help people with MS and their families move their lives forward. Learn more at nationalmssociety.org.



WE ARE ILL

We Are ILL is a patient advocacy organization with a mission to redefine what sick looks like for Black women living with multiple sclerosis (MS). WAI has a fearless community and creates culturally conscious educational materials that facilitate more robust discussions about the experiences of Black women living with MS. Learn more at weareillmatic.com