

Working with MS Support Group

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Rockville Nursing Home, 303 Adclare Road, Rockville, MD 20850

March 10, 2013

Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:15pm	Doing it in MS Time
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & “News You Can Use”:

Multiple Sclerosis: How to Manage Family Energy and Time

<http://www.dummies.com/how-to/content/multiple-sclerosis-how-to-manage-family-energy-and.html>

Flexibility helps

http://magazine.merckgroup.com/en/Life_and_Assistance/multiple_sclerosis/MS1.html?magazineRateArticle=tcm:1113-85087-64

Time Management Radio

<http://webtalkradio.net/internet-talk-radio/2013/02/04/time-management-radio-feeling-tired-exhausted-depleted-discover-easy-ways-to-take-better-care-of-yourself-while-increasing-your-energy-focus-productivity/>

The secret to office time management

<http://www.chicagotribune.com/features/tribu/sns-201201192030--tms--interprnctnie-a20120129jan29.0,3786958.column>

Next/Upcoming Meetings:

April 14th – Meeting

May 12th -- Meeting