

Working with MS Support Group

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

February 9, 2014

Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:15pm	Evaluating Risks & Benefits with an Uncertain Future All of life is the exercise of risk. <i>William Sloan Coffin</i> What you risk reveals what you value. <i>Jeanette Winterson</i>
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & “News You Can Use”:

Making Treatment & Lifestyle Decisions: Thinking about Benefits & Risks (NMSS North American Education Program 2013)

Video: http://www.youtube.com/watch?feature=player_embedded&v=AXYMjRb5Gng

Booklet (PDF): <http://www.nationalmssociety.org/multimedia-library/videos--dvds/making-treatment-lifestyle-decisions-thinking-about-benefits-risks/download.aspx?id=50445>

Cancer treatment decisions: 5 steps to help you decide (Mayo Clinic May. 04, 2013) *Although this guide was written for cancer patients making treatment choices, the principles expressed here are helpful to any patient making significant choices.*

<http://www.mayoclinic.org/diseases-conditions/cancer/in-depth/cancer-treatment/art-20047350?pg=1>

How To Solve Daily Life Problems

<http://www.anxietybc.com/self-help/how-solve-daily-life-problems>

Next/Upcoming Meetings:

Mar09th – Meeting

Apr13 – Meeting