

Working with MS Support Group

WorkingWithMS.DC.MD.VA@gmail.com

(301) 337-8106

<https://sites.google.com/site/workingwithms/>

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

March 08, 2015

Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:10pm	Spring Cleaning your MS “Having MS makes my desire to get rid of excess stuff and clutter even stronger, just for safety sake... Heck, letting go of toxic relationships is right up there with getting rid of stuff I don't need, too!” Guitar_grrrl @ Multiple Sclerosis Community (MedHelp International) Jan 19, 2014
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & “News You Can Use”:

Ready to do some spring cleaning? It's never too late, or too early!

<http://www.multiplesclerosisconnect.com/discussions/111-ready-to-do-some-spring-cleaning-it-s-never-too-late-or-too-early>

You don't know Jack about MS

<http://www.youdontknowjackaboutms.com/ms-facts/facts-about-ms.aspx>

Slightly OT - Spring Cleaning

<http://www.medhelp.org/posts/Multiple-Sclerosis/Slightly-OT---Spring-Cleaning/show/2080960>

MS Service Day, National MS Society Upstate New York Chapter

<http://www.nationalmssociety.org/Chapters/NYR/Fundraising-Events/MS-Service-Day-%281%29>

Spring Cleaning – Multiple Sclerosis Association of America

<http://blog.mymsaa.org/spring-cleaning/>

Spring Cleaning Your Way to Health

<http://www.centerforadvancedmed.com/2013/05/spring-cleaning-your-way-to-health/>

Spring Clean Your Finances

<http://awomanshealth.com/spring-clean-your-finances/>

Next/Upcoming Meetings:

April 12th – Meeting

May 10th – Meeting (Happy Mother's Day!)

June 14th – Meeting