

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

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Agenda (updated)

No Meetings in Person until further notice!

3:00pm	Welcome!
	Brief Introductions/Member Check-in & Gratitudes
3:10pm	Welcome 2021! Turn Your Best of 2020 into 2021 Gold “Virtues we get by first exercising them.” Aristotle in The Nicomachean Ethics
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & “News You Can Use”:

A New Hope (The Happiness Lab with Dr. Laurie Santos)

<https://www.happinesslab.fm/2020-mini-season-episodes/new-year-new-you>

What was one of your best or happiest moments in 2020 (think of something that was very specific to you, not a public event or an event that happened to someone close to you? Did MS play into that happiness or diminish that happiness)?

How can you get more of these happy moments in 2021?

What one thing do you hope you will accomplish or experience in 2021? Will MS likely play a role in your reaching this experience?

Next/Upcoming Meetings:

February 14th – Meeting

March 14th – Meeting REMINDER: Daylight Saving STARTS (“Spring ahead!”)

April 11th – Meeting