Make plans to join us!
Offered by the OhioHealth MS Clinic

Multiple Sclerosis Clinic Supports

Living With MS Support Gatherings
& MS Education Series

A gathering for those living with MS followed by an MS Education Series presentation. Support partners are welcome. We will provide light refreshments, support and resource linkage. Call the Dempsey Center to register (614-788-6115).

1st Monday of the Month
Gatherings from 5:00pm-6:00pm
MS Presentations from 6:00pm-7:00pm
(*Except September due to the holiday.)

| No February Gathering – MS Education Series Presentation will be offered | March 4 |
| April 1 | May 6 |
| June 3 | July 1 |
| August 5 | *September 9 |
| October 7 | Nov 4 |

Young Adult Support Gatherings

A gathering for those in their 20’s, 30’s & early 40’s dealing with the challenges of relationships, friendships, and employment while living with MS. This group is peer led at times and meets at various locations. **Please call Traci Paxton, LISW-S for the location.**

From 6:00pm-7:00pm
Jan 14, March 11, May 13, July 8, Sep 9, Nov 11

MS Lunch and Learn

Enjoy a light lunch while expanding your support system and knowledge of MS and community resources. Call the Dempsey Center to register (614-788-6115). Guest speakers will be invited.

**From 12:30pm-1:30pm**

March 15
June 28
October 25

Taming Stress in MS

**Build Your Own “Stress Relief Kit”**

**January 15, 2019: 6pm-7pm:** We will discuss stress management tips, as well as build a "stress relief kit." Please reserve your space by January 9, 2019 by calling 614-788-6115.

**Live. Life. Well. – Positive Coping Skills**

**April 16, 2019: 6pm-7pm:** When stress is in our comfort zone, it can help us stay focused, energetic and alert. When stress is not in our comfort zone, it can cause damage to our body. Let’s discuss positive ways to cope with life stressors.

Call Traci Paxton, LISW-S with questions.

Location: The Dempsey Family Education & Resource Center (Silver Area) at Riverside Methodist Hospital:
3535 Olentangy River Road, Columbus OH 43214.

Parking: You may valet park in the red or blue areas or self-park in the red garage.
Please bring your parking ticket for validation.

Contact Info/Questions: Traci Paxton, LISW-S at ph: 614-788-6119 or E-mail: Traci.Paxton@ohiohealth.com