

LEARN & STAY INFORMED

MS kills connection. Connection kills MS. Find the National MS Society, Ohio Valley Chapter on facebook and twitter. Visit our blog at www.fightMSblog.com.

CONNECTION PROGRAMS

The National MS Society's connection programs -- which include our partnership with MSWorld, our facebook fan page and MSFriends -- are based on the belief that positive personal change happens through individual efforts with the support of others.

MS LEARN ONLINE

The National MS Society knows how important it is for you to have the information you need at your fingertips. Multiple classes are available online so you can take control of your MS today by learning more about multiple sclerosis.

MS CONNECTION

All chapter members receive our online newsletter MSConnection, which provides information on significant MS research, as well as on chapter activities, special events and program opportunities. To receive this publication by mail, contact ohginfo@nmss.org.

MOMENTUM

All members receive Momentum, the National MS Society's award-winning quarterly lifestyle magazine for people with MS and their families. Momentum is also available online and in audio form at nationalMSSociety.org.



MULTIPLE SCLEROSIS

interrupts the flow of information between the brain and the body, and stops people from moving. With the help of people like you, the National MS Society Ohio Valley Chapter addresses the challenges of each person whose life is affected by MS and helps them stay connected to the great big moving world.

MS stops people from moving.
We exist to make sure it doesn't.

JOIN THE MOVEMENT

fightMStoday.org
jointhemovement.org

4440 Lake Forest Drive, Suite 120
Cincinnati, Ohio 45242

1-800-344-4867, Option 2
513-769-4400, Option 2



Ohio Valley Chapter at a Glance



fightMStoday.org
jointhemovement.org



National
Multiple Sclerosis
Society
Ohio Valley
Chapter



National
Multiple Sclerosis
Society
Ohio Valley
Chapter

4440 Lake Forest Drive,
Suite 120
Cincinnati, Ohio 45242

1-800-344-4867, Option 2
513-769-4400, Option 2

EVENTS

Fundraising events allow the Ohio Valley Chapter of the National MS Society to contribute to the search for a cause and cure while empowering people living with MS to live the most productive and independent lives possible. Whatever your connection is to MS, various opportunities are available for every individual and commitment level.



WALK MS

Join Walk MS in your community. Eleven walks. One destination. A world free of MS. You'll move. You'll be moved. Joining the movement with

hundreds of thousands of people across the country is an experience like no other. We walk together to make a powerful statement, and to keep moving toward a cure. Walk to create a world free of MS.



RUN MS

Run MS is a 5k run. Your participation helps the National MS Society provide vital programs and services to people living with multiple sclerosis, and fuels

cutting-edge MS research into the cause, treatment and cure for this chronic disease of the central nervous system.



BIKE MS

Bike MS will take you farther than you've ever gone before.

It's not just the miles that matter — it's the unforgettable journey. Join us

for an event that's more than a ride — it's anticipation, camaraderie, personal accomplishment, and the knowledge that you're changing lives... making every mile that much sweeter. Don't just ride, Bike MS.

COMMUNITY EVENTS

Do-it-yourself fundraising events can be planned and held by individuals and groups not formally affiliated with the chapter. So that we can help you publicize and promote your event, please see the online Community Event / DIY application.

SPECIAL EVENTS

Check the chapter website frequently for special opportunities to become involved, such as the Women on the Move Luncheon, Dinner of Champions, and more.

PROGRAMS & SERVICES

The National MS Society offers an extensive variety of programs, services and resources for people living with MS, including family members, caregivers and other members of their support systems. To receive copies of these materials or learn more about these programs and services, call 1-800-344-4867 or email ohginfo@nmss.org.

MS NAVIGATOR®

Finding answers and making decisions relies on having the right information at the right time. MS Navigator® provides answers to your questions and access to information about all of the options available to you.

SUPPORT & INDEPENDENCE SERVICES

Multiple sclerosis creates a range of challenges that can result in short-term financial crises, difficulty obtaining critical equipment and home or auto modifications, and diminished capacity to pay for MS-generated needs. The National MS Society's Financial Assistance Program offers guidance, leverage and resources to help contain the financial impact of MS.

PROGRAMS IN YOUR COMMUNITY

The chapter offers a variety of community based programs to facilitate education, recreation, physical and emotional wellness, connection with others with MS, and family communication. These programs vary based on time of year and by community, so please check our calendar frequently for new offerings.

LIFE WITH MS GROUPS

Groups led by trained peer leaders meet monthly throughout the chapter territory to discuss educational information and to encourage positive social interaction. The chapter facilitates sponsored groups for clients in a variety of life situations, as well as for caregivers.

NEWLY DIAGNOSED SUPPORT

If you or someone close to you has recently been given a diagnosis of multiple sclerosis, you probably have a lot of questions and concerns. Or, you may be feeling so overwhelmed by the diagnosis that you aren't sure what kinds of questions to ask. The National MS Society has developed programs to give you the information and support you need to live comfortably and confidently with this change in your life, and offers a Life with MS Group tailored to your needs.

JOIN THE MOVEMENT

CHAPTER MEMBERSHIP

Registering with the chapter entitles you to many benefits, and allows you to stay connected and receive communications based on your preference.

COMMUNITY PARTNERSHIPS

The chapter prides itself on forming innovative and mutually beneficial collaborations with community organizations, vendors and businesses. Please contact us to see how your organization can Join The Movement!

CORPORATE SUPPORT

Each year, hundreds of companies Join The Movement toward a world free of MS through corporate teams, sponsorship and outright giving. The companies that are involved with the National MS Society not only fund millions of dollars' worth of research and programs, they also successfully market themselves to their core consumer audiences.

INDIVIDUAL GIVING

Your gift, no matter how large or small, moves us toward a world free of MS. Please contact the chapter to discuss your options for a tax-deductible donation.

VOLUNTEER

The gift of time provides a meaningful experience for you while helping others. Volunteers are vital to the work of the National MS Society. Your valuable skills and fresh perspectives will make a difference for people living with MS.

TAKE ACTION THROUGH ACTIVISM

Whether you only have a few minutes or want to make a commitment, you can be an MS activist. Contact us to receive news and updates on health politics, help find solutions to MS issues, and take action on legislation that matters.

