

Success with MS Locations:

2/17 and 3/17
Wake Forest
Deacon Tower
475 Deacon Blvd
Winston-Salem NC
27106

3/3 and 3/31
Embassy Suites
204 Centreport Dr.
Greensboro, NC
27409

All sessions are **FREE**,
begin at **6pm** and
include **dinner**.

Sponsored by an unrestricted
educational grant from



NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
Winston-Salem, NC
Permit # 410

National MS Society
Central NC Chapter
2211 W Meadowview Rd
Ste 30
Greensboro, NC 27407

SUCCESS WITH MS

You're
invited to a
4-part
educational
series...



Central NC Chapter

- Knowledge is Power
- Intimacy and MS
- Complimentary and Alternative Therapies
- Sick and Tired of Feeling Sick and Tired

See inside for dates and
locations.

Knowledge is Power

February 17, 2009

WFU Deacon Tower, W-S

Speaker: Kathleen Costello,
RN, MS, CRNP, MSCN

Participants will:

- ◆ Learn basics of MS;
- ◆ Learn the symptoms of MS and how to manage the symptoms;
- ◆ Learn the current therapies for treating MS;
- ◆ Learn the therapies that are being investigated for treating MS.

Intimacy and MS

March 3, 2009

Embassy Suites, GSO

Speaker: Fred Foley, PhD

Participants will:

- ◆ Learn the different meanings of intimacy;
- ◆ Learn how MS impacts intimacy;
- ◆ Have a better understanding of how sexual dysfunction may be related to MS;

- ◆ Learn about therapeutic techniques to improve sexual function.

Complementary and Alternative Therapies

March 17, 2009

WFU Deacon Tower, W-S

Speaker: Russell Greenfield, MD

Participants will:

- ◆ Learn about facts and fallacies of CAM therapies;
- ◆ Learn how to know if a CAM therapy is safe;
- ◆ Learn why it is important to talk with your doctor if you are considering a CAM therapy;
- ◆ Learn about the importance of not stopping conventional therapy.

Sick and Tired of Feeling Sick and Tired

March 31, 2009

Embassy Suites, GSO

Speakers: Paul Donoghue, PhD and
Mary Siegel, PhD



Speakers Paul Donoghue, PhD and Mary Siegel, PhD travel around the country speaking to audiences about living and coping with an invisible chronic illness. Participants will learn they are not alone with feelings of frustration, anger and depression. They will learn there are positive ways to enrich their lives while living w/ MS. Dr. Siegel lives with multiple sclerosis and both presenters will surely inspire the audience to put things into perspective and realize it is time to accept yourself for who you are.

**Register today for Success
with MS!**

**Call 1-800-FIGHT-MS
(1-800-344-4867)**

**Or go online to our web
calendar**

**www.nationalmssociety.org/ncc to
register online.**

*You can register for all or just one
of the sessions.*