



Dignity Health®

Multiple Sclerosis Achievement Center

SUPPORTING OUR LOVED ONES

The Journey Continues 2022

The MS Achievement Center is pleased to host *Supporting Our Loved Ones*, a program for support partners of loved ones living with multiple sclerosis. The 2022 programs will be held virtually and include several guest speakers from across the country who specialize in MS and/or provide services specific for support partners. Topics will include education about the disease, improving communication within the family unit, and maintaining your own physical and emotional wellness. Following each session, Dr. Linda Trettin, neuropsychologist for Dignity Health, will be available for a follow-up discussion.

A \$50 registration fee is required to secure your participation for all sessions.

Wednesdays

5:00pm – 6:30pm Pacific Time

- **January 26th** - Dr. John Schafer, Neurologist, MS specialist
- **March 30th** - Rosalind Kalb, PhD, Clinical Psychologist
- **May 18th** - Del Oro Caregiver Resource Center
- **July 27th** - Dr. Mark Waheed, Neurologist, MS specialist
- **October 5th** - Stacy Iseminger, Licensed Insurance Agent
- **November 30th** - Brian Hutchinson, Physical Therapist, MS specialist



Registration is required, and a ZOOM link will be emailed to registrants. Space is limited.

To register, contact: 916.453.7966 or
Tiffany.Malone@DignityHealth.org

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