

THE HEUGA CENTER FOR MULTIPLE SCLEROSIS

PROMOTING HEALTH, CREATING HOPE

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**Attend a Heuga Center Program
& Learn How to Improve
Your Quality of Life
Health & Wellness Programs for
You & Your Family**

Empower yourself and your family members by learning the strategies and tools to transform and improve your quality of life at The Heuga Center for Multiple Sclerosis' 2008 CAN DO[®] and JUMPSTART[®] programs.

Apply or sign up for a Heuga Center program today.

CAN DO Program - Five Days

Learn how to improve your quality of life by:

- Focusing on what you and your support partner/family member can do by emphasizing general health, physical fitness and psychological well-being.
- Managing your symptoms and effects of MS through our program's whole-person approach.
- Setting realistic personal goals, constructing an individualized lifestyle plan, and gaining the strategies and skills necessary to improve their quality of life.
- Incorporating the strategies and tools into your everyday life.
- Addressing the goals, needs and concerns of your support partner and/or family members.

Build your support network by:

- Meeting with 45 MS specialists, such as neurologists, psychologists, occupational, physical and speech therapists, and dieticians to answer questions and give advice on MS symptom-management based on your lifestyles and goals.
- Talking to others living with MS and sharing your experiences.

The program is limited to 25 people with MS and their support partners to provide individual attention.

1-800-367-3101 • www.heuga.org • info@heuga.org

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2008 Program Sponsors

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The Heuga Center leads the way with comprehensive programs that empower people and families living with MS to transform and improve their quality of life.

JUMPSTART Program - One Day & Free of Charge

Learn strategies for managing MS you can implement immediately.

This workshop introduces The Heuga Center's philosophy of health and wellness. It's often held in collaboration with other MS organizations or care providers, such as the National MS Society.

2008 Program Dates & Locations

CAN DO Program

Aug. 6-10 - Tarrytown, Westchester County, New York at Westchester Marriott

Application Deadline: June 18

Nov. 5-9 - Vail, CO, The Lodge at Vail

Application Deadline: Sept. 24

JUMPSTART Program

June 14 - Cleveland, OH

July 19 (to be confirmed) - Louisville, KY

July 20 (to be confirmed) - Southeast IN

August 16 (to be confirmed) - Des Moines, IA

September 6 - Philadelphia, PA

September 7 - Allentown, PA

October 11 - Indianapolis, IN

October 18 - Bozeman MT

More dates and locations TBD

Visit our Web site Calendar on www.heuga.org for additional JUMPSTART dates and locations throughout the year.

How to Apply for a CAN DO Program

- **Go to the CAN DO section on www.heuga.org** and download the application, and complete and send it to Anna Ingram at The Heuga Center. Or call and request an application packet. Follow the instructions on the application.
- **Need-based CAN DO Program Scholarships** are available for all or part of the program fee. Apply for a scholarship by going to the CAN DO section on www.heuga.org and downloading the program and scholarship applications. Or call and request an application packet. Complete and send them to Anna Ingram at The Heuga Center. Follow the instructions on the applications.

How to Sign Up for a JUMPSTART Program

Call The Heuga Center to sign up or ask questions. Your friends and family members are encouraged to attend.

Questions?

Call or e-mail Anna Ingram.

800-367-3101 ext. 1280 • 970-926-1280 • aingram@heuga.org

Visit www.heuga.org for more information.

