

MS Awareness Week 2010

26 April - 2 May

Multiple
Sclerosis
Trust

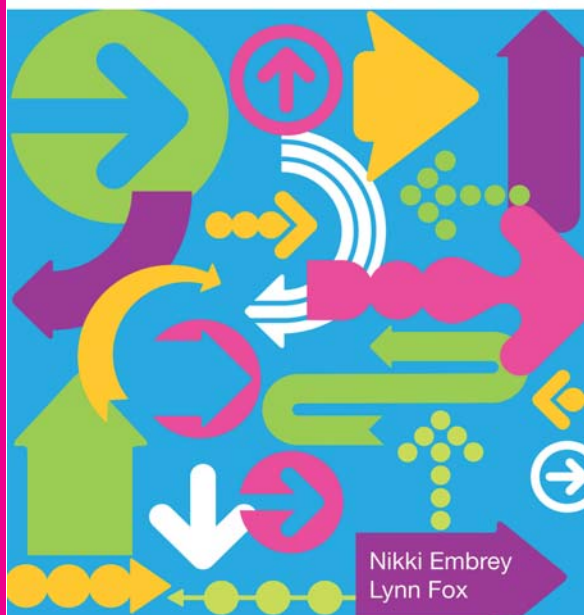
MS

Self-managing MS

Get your copy of MS and me

MS and me

A self-management guide
to living with MS



Available from MS Trust 01462 476 700
or visit www.mstrust.org.uk/msandme

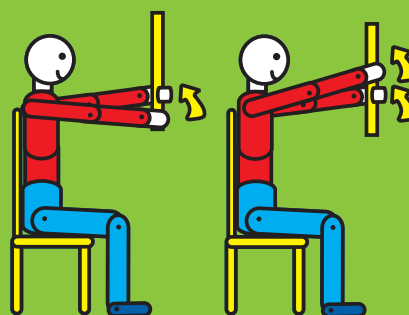
Join the Fatigue Chatroom

Wednesday 28 April
10am to 7pm.

Ask your
questions of health
professionals and share
experiences of living with fatigue.
www.mstrust.org.uk/chatrooms



Exercises for People with MS



Visit www.mstrust.org.uk/exercises