

Live Fully MS Discussion Group

Neuroscience Supportive Care Program

This group discussion seeks to explore, learn, and grow from talking all about the “MS in the room”. You’re invited to come connect with others living with MS, in a friendly environment, where we share, discuss, and support each other’s efforts to manage our health and wellness. Guest speakers for some of the meetings include Stanford medical professionals and MS community resources. Join us, as we strategize how to live fully and live well with MS.

Walk-ins welcome.

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- Dates:** 2nd Thursday of the month
1/11, 2/8, 3/8, 4/12, 5/10, 6/14
- Time:** 10:00am–12:00pm
- Location:** Stanford Neuroscience Health Center
213 Quarry Road, Wellness Room 1511
Palo Alto, CA 94304
- Questions:** Call 415.999.7378
or email susansteakley@gmail.com
- Website:** www.stanfordhealthcare.org/nscp

The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all neuroscience patients regardless of where they receive their care.



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