



## Living Well with MS

**Are you recently diagnosed with Multiple Sclerosis or need more information on living well and what services and support are available?**

**Saturday 12<sup>th</sup> February 2022 from 10.30am – 2.45pm  
A virtual event via Zoom**

The MS Society groups across Lancashire invite you to join us at this free event where we will be exploring topics such as managing fatigue, finance and the benefits of both nutrition and exercise.

There will also be opportunity to meet with your local MS group and find out what services and support they offer. Groups attending include:

- Blackburn with Hyndburn and Darwen Group
- Blackpool Fylde and Wyre Group
- Burnley, Pendle and Rossendale Group
- Chorley and Leyland Group
- Lancaster and Morecambe Group
- Preston Group
- West Lancashire Group

**Limited availability - book your places now**

Booking required: <https://www.eventbrite.co.uk/e/living-well-with-ms-in-lancashire-tickets-230766417567> or ring 020 8438 0753

**This event is free of charge.**

**MS Helpline: 0808 800 8000 (Freephone)**

[helpline@mssociety.org.uk](mailto:helpline@mssociety.org.uk) - [www.mssociety.org.uk](http://www.mssociety.org.uk)

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