



National
Multiple Sclerosis
Society
Greater
Northwest
Chapter

Skagit County Wellness Symposium

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Registration is required.

- Held at the Skagit Valley Hospital, Mount Vernon
- Please register by calling 1-800-344-4867, press 1 or www.MSnorthwest.org and click on Washington.
- A confirmation letter will be provided to you prior to the program.
- You will receive one-page, step-by-step summary sheets of everything you learned during the program to post on your refrigerator and start practicing that night!

Saturday, February 27

8:00 a.m. - noon

If you're looking for handy health and wellness tips that you can start using immediately, then you won't want to miss the Skagit County Wellness Symposium!

The Symposium offers highly interactive break-out sessions focusing on different aspects of health and wellbeing:

- **“Feeling Better, Inside and Out”** - this session will focus on emotional health and MS, led by Diane McRae, MSW
- **“Eat Well - Feel Well”** - this session will focus on nutrition and MS, led by Lou Kupka-Schutt, PhD, RD
- **“Making Friends with Your Body”** - this session will focus on physical health and MS, led by Abby Staten, CYT

Join us for this fun, hands-on program where you will gain a sense of personal empowerment and walk away with a plan in mind!