

ARE YOU LIVING WITH MS?

Here are support groups you can check out that might help you.

- **Support Specialists**
1(800)456-2255
- **MS Association of America**
1(800)532-7667
- **MS Foundation**
1(800)225-6495
- **National MS Society**
1(800)344-4867

You may also try the websites

- **Flowers4MS.com**
- **MSlifelines.com**
- **MSworld.org**