National
Multiple Sclerosis
Society
Greater
Northwest
Chapter

MS Club Cherry Hill: A Support and Self-help Group

This group offers a friendly and safe place for sharing thoughts, concerns, and experiences. We discuss MS-related issues, learn about resources, talk to experts, and have the opportunity to connect and share with each other. Find comfort and strength with your peers as you learn, cope, laugh and celebrate the challenges and successes of living with MS. We welcome people of all ages with all different types of MS. Please join us at our next meeting!

Date 3rd Friday of every month
Time 1-3 p.m.

Location MS Center at Swedish
1600 E. Jefferson St., A Level
Seattle, WA 98122

Contact **robinmazna@hotmail.com**
You can also find us on Facebook by searching "**MS Club Cherry Hill.**"

Benefits of attending a self-help group:

- Hear current MS information and research
- Find reassurance and support from others with similar life experiences
- Feel less isolated
- Discover resources in your community
- Become empowered and more self-confident in coping with challenges

More than 50 self-help groups across Western and Central Washington, Montana, and Alaska give people with MS the chance to meet and talk with others who share their challenges and successes. The Chapter also sponsors groups serving those with specific interests such as caregivers, LGBT, men or mothers. For more information about self-help groups in your area – and to stay up to date on locations, dates and times of meetings – visit www.MSnorthwest.org and click on Programs & Services/Make Connections with Others or call **1-800-344-4867** and press **option 1**.