








This year's theme: Connections

This year for World MS Day 2023, we want to shine a spotlight on connections. We are encouraging our community to meet and connect, whether that be in person or over Zoom!

Contact the Community Engagement Team at events@overcomingms.org for more ideas, to get help with your meet up or to let us know what you're planning!

Here are some ideas to get you started:

	In-Person	Virtual
 <ul style="list-style-type: none">• Hold a quiz or games night	✓	✓
 <ul style="list-style-type: none">• Bring a dish to share and connect with others• Share a favourite recipe• Bring your dish to Zoom - talk through how easy it was to make	✓ ✓	✓ ✓
 <ul style="list-style-type: none">• Do some seated or standing exercises together• Group walk and talk	✓ ✓	✓
 <ul style="list-style-type: none">• Group mindfulness/meditation session from your favourite online class	✓	✓
 <ul style="list-style-type: none">• Meet at the park or sit outside a café• Bring your laptop/phone into the garden - show what you're growing and what's blooming	✓	✓