



**Overcoming MS is an evidence-based healthy lifestyle programme and thriving community.**

The Program consists of steps shown to positively impact people with MS: the adoption of a wholefood, plant-based diet, stress management, medication, vitamin D, physical activity and family health. These can aid the recovery of lost function and mental strength, supporting people to live a full and healthy life with MS.



**Get in touch with us**

W [overcomingms.org](http://overcomingms.org)

T +44 1844 318778

E [contact@overcomingms.org](mailto:contact@overcomingms.org)

c/o Critchleys LLP, Beaver House,  
23-38 Hythe Bridge Street, Oxford,  
Oxfordshire, OX1 2EP, England



**The world's leading multiple sclerosis healthy lifestyle charity**





## Who does the Overcoming MS Charity support?

Overcoming MS informs, supports and empowers anyone around the world living with MS.

We also run events and provide information to healthcare professionals, carers, friends and family members of people living with MS.



## How do we help?

As a charity we give hope to people with MS through our evidence-based lifestyle programme. We offer award-winning immersive courses, residential retreats alongside digital and in person events. We continue to grow a community of like-minded people, to support each other.

To find out more about Overcoming MS, access our brilliant free resources and request to join our mailing list, please follow the QR code or visit [overcomingms.org/new-to-oms](https://overcomingms.org/new-to-oms)



## The Overcoming MS Community

We have a vibrant community who follow the Overcoming MS Program and want to spread the news that there is hope after diagnosis.

Circles are our peer-led support groups, facilitated by volunteer Ambassadors to support and empower Circle members on their Overcoming MS journey. Spanning the globe, our Circles and community are connected through our online platform, the Live Well Hub.

We provide a platform for the voice of our communities, celebrating their successes through our social media channels.

## We'd love to hear from you

To find out more please email us at [contact@overcomingms.org](mailto:contact@overcomingms.org)