

How we can help

A guide to Overcoming MS' services

Information and research

- **Why lifestyle matters** when living with MS and making informed choices
- **Podcast, webinars and YouTube** interviews with healthcare professionals and people with MS
- The 'Roadmap to Overcoming MS' **book**
- Our specific **Program** to support a healthy lifestyle and how to follow it
- Inspirational **stories of hope** from people living with MS
- **Research findings** about lifestyle and MS, and about our Program

Courses and resources

- **6 months to Overcoming MS**, a self-directed online course
- **Pathways**, an 8-week online, interactive group course led by trained experts
- **Residential Retreats** and **Global Retreats Online**, an immersive 6-week virtual course, and 3-day retreat led by trained experts
- **Online video and print resources** across all aspects of lifestyle
- **Livestreams** providing practical information and support on making lifestyle changes

Community and support

- **The Live Well Hub**, a global online community
- **Overcoming MS Circles**, virtual and in-person peer-support groups led by volunteers
- **'Thematic' Circles** supporting people with a specific aspect of living with MS
- Social networks on **Facebook, Instagram, LinkedIn** and **Twitter/X**
- **Fundraising community**, ideas and encouragement
- **Newsletters and emails** sharing stories and support

