

Transforming Brain Health: Integrating Lifestyle and Self-Management in MS Care



For health professionals working with people with neurological conditions, especially MS, this course offers evidence-based strategies to support brain health through lifestyle.



Explore practical ways to boost self-efficacy, encourage behaviour change, and promote long-term health and wellbeing.

Understand how to tailor conversations and embed lifestyle in MS care

Explore key lifestyle areas like sleep, physical activity, and stress management

Hear from people with lived experience of MS

3.5 hrs cpd



Learn more here:

SCAN 
ME