

MARK YOUR CALENDARS

MOVING TOWARD A WORLD FREE OF MS | PROGRAM HAPPENINGS

**Twelfth Annual
USCD MS Symposium
Saturday, March 24, 2012
8:30am - 12:30pm
San Diego**

The MS Symposium is an opportunity for you to learn the latest on MS treatments, symptom management and current research.

Keynote presenters:

Jody Corey-Bloom, MD, PhD

“Emerging Therapies”

Tom Lane, PhD

“Stem Cell Research”

**Moving Forward: The Newly
Diagnosed Seminar
Thursday, May 17, 2012
5:00 - 8:30pm
Costa Mesa**

Moving Forward is an educational seminar offered at no cost to you. The program is designed for individuals who have been diagnosed with multiple sclerosis (MS) within the past three years. Our objective is to provide you with information about:

- The Diagnosis of MS
- Treatment Options
- The Emotional Aspects of MS



SAVE THE DATE!

**Eleventh Annual
Day at the Bay
Saturday, May 12, 2012
11:00am - 3:00pm**

**Mission Bay Aquatic Center
BACK BY POPULAR DEMAND!**

The 11th Annual Day at the Bay is back! The chapter hosts this annual event in collaboration with the Mission Bay Aquatic. The Day at the Bay is a Festive Luau including a catered BBQ lunch, adaptive sailing, professional face painting and a festive Polynesian entertainment group.

This program provides a social and recreational day for people with MS and their families. Invitations and registration will open in April, so mark your calendars now!

REGISTER TODAY

To register for any of the programs listed, as well as learn about additional programs available, visit calendar.MSpacific.org or call us at 1-800-344-4867 (1-800-FIGHT-MS) and press “1.”

**SCRIPPS LECTURE SERIES
ON MULTIPLE SCLEROSIS**

Join neurologist Charles Smith, MD and the chapter for a free series of seminars that will offer valuable information to people who want to better manage their MS symptoms and improve their quality of life. Each presentation will be followed by Q&A. Light refreshments will be provided.

MS & Staying Fit
Tuesday, April 17, 2012

MS & Your Emotions
Thursday, May 10, 2012

MS & Heath Management
Thursday, June 14

**Register today for one or all of the seminars by calling 1-800-SCRIPPS (1-800-727-4777). All lectures take place from 6:30-8:00pm at Scripps Memorial Hospital in La Jolla.*

SELF-HELP GROUPS

ORANGE COUNTY

Anaheim

1st & 3rd Tuesday
12:30 - 2:30pm
Rosa Ferreras 714-758-0829
rosam58@me.com

Anaheim: En Español

Familiares y
amigos bienvenidos
El segundo y cuarto martes
de cada mes
Anaheim Adventist Church
900 S. Sunkist St, 6 - 7:30pm
Rosa Ferreras 714-758-0829
rosam58@me.com
Susana Pérez 714-235-7570
sueperezg@yahoo.com

Brea: Family & Friends Welcome

2nd Monday & 4th Friday,
10am - 12pm
Kathy Kelby 714-525-0686
kkacacia@aol.com
Rob Lammers 714-990-2933
robert.retired@hotmail.com

Brea

1st Friday of the month,
10am - 12pm
Denise Kish 909-519-4410
dennydiego5@yahoo.com
Jim Langdon 714-392-2052
jameslangdon@att.net

Corona Del Mar: Minimal Symptoms/Newly Diagnosed

3rd Wednesday
1:30 - 3:30pm
Sherri Brash 714-846-2064
SherriB@socal.rr.com

Costa Mesa: Man to Man

1st & 3rd Wednesday
1:30 - 3pm
Mike Milne 949-215-8502
mcmilne@cox.net
Jack Santos 949-786-9593
jackandlinda1948@gmail.net

Dana Point: Minimal Symptoms / Newly Diagnosed

4th Thursday, 10am - 12pm
Jerry Dowd 949-584-4619
gttdowd@gmail.com
Susan Watson 949-493-1299
susanwatson2010@gmail.com

Huntington Beach: Minimal Symptoms / Newly Diagnosed

2nd Wednesday, 10am - 12pm
Jeanne Archibald 714-842-7198
novajeanne2@yahoo.com
Priscilla Wolz 714-846-6526

Huntington Beach: Working with MS

1st Tuesday, 6:30 - 8:30pm
Laurie Cable 714-969-8298
lderble@aol.com
Karen Patterson 714-377-4006

Irvine: Mature Group

2nd & 4th Wednesday
10am - 12pm
Jack Santos 949-786-9593
jackandlinda1948@gmail.net

Irvine: Girl Talk

3rd Monday, 11am - 1:30pm
Tabitha Evans 714-669-5618
tab.evans@cox.net
Maggie Finn 949-748-7591
magfinn@gmail.com

Laguna Hills

1st Tuesday, 10am - 12pm
Francine Grasso 949-278-6935
frannydo@gmail.com
Karen Harlas 949-498-9583

Lake Forest: MS with Christ

3rd Monday, 6:30 - 8:30pm
Bill Bisch 949-218-5020
Cathy Varela 949-496-3810

Midway City

1st & 3rd Tuesdays
10am - 12pm
Pat Howard 714-968-0277
Linda Logan 714-374-0430
lindajohnson6735@yahoo.com
Carolyn Cassell 714-963-8624
carolyncassell7@yahoo.com

Mission Viejo: Minimal Symptoms / Newly Diagnosed

2nd Wednesday, 6:30 - 8pm
Jerry Dowd 949-584-4619
gttdowd@gmail.com
Susan Watson 949-493-1299
susanwatson2010@gmail.com

Newport Beach

3rd Sunday, 2 - 4pm
Harriet Pavidis 714-839-5529
ppavidis@socal.rr.com

MOREINFO

If you would like more information about support groups in your area, call 1-800-344-4867 press '1' or contact a leader listed above.

SAN DIEGO COUNTY

Chula Vista: En Español
 Llame para más información.
 Fernando Palomino
 619-691-7964

Chula Vista
 St. Marks Lutheran Church
 850 Hilltop Dr.
 3rd Wednesday, 11am - 1pm
 Susan Lipp 619-248-0669
sjlipp@yahoo.com
 Bonnie Kuhn 619-749-8806

Escondido
 Joslyn Senior Center, Room 5
 210 Park Avenue
 3rd Wednesday, 1 - 3pm
 Beth Bradsher 760-747-9096
sbrad@cox.net
 Michele Easterling 760-805-6390
micheleeasterling@hotmail.com

Escondido: Christian Group
 3rd Friday, 1-3 pm
 Calvary Chapel of Escondido
 1675 Seven Oakes Rd, Room 4
 Jim Johnston 760-746-4279
hopekeeperjim@gmail.com

Oceanside
 Oceanside Library
 3861 Mission Avenue
 2nd Wednesday, 12 - 2pm
 Juanita Hamilton 760-754-1911
juanita.h@cox.net

Poway
 Weingart Center
 13094 Civic Centre Drive
 1st Tuesday, 6:30pm
 Peggy Green 858-748-4009
pegjean@cox.net

Ramona
 2nd Tuesday, 11am - 12pm
 Van Reeder 760-789-9129

**San Diego (Clairemont/
 La Jolla)**
 Denny's Restaurant
 4280 Clairemont Mesa Blvd.
 1st Thursday, 10am - 12pm
 Denise Kish 909-519-4410
dennydiego5@yahoo.com

San Diego: Mens Group
 Kaiser Education Center
 San Diego
 10990 San Diego
 Mission Road
 1st Tuesday, 6:30pm
 Bill Homer 858-571-1867
wchomer@gmail.com

San Diego (Mid-City)
 Kaiser Education Center
 San Diego
 10990 San Diego Mission Rd
 4th Monday, 2 - 4pm
 Stephanie Russell 619-224-6156
garyptloma@cox.net

Spring Valley
 New Seasons Church
 2300 Bancroft Drive
 2nd Saturday, 12:30 - 2pm
 Kris Hodge 619-933-2601
krian290@gmail.com
 Debbie Centeno 619-460-4123
dcenteno@ucsd.edu

PROFESSIONALLY-LED GROUPS
 IN ORANGE & SAN DIEGO COUNTIES

**Support Group for People
 Experiencing Progressing
 MS Symptoms**
 2nd Tuesday of Every Month
 10:00am - 12:00pm
 Facilitator: Debbie Hornstein, MSW
 Neighborhood Community Center
 1845 Park Avenue
 Costa Mesa, CA 92627
 714-689-9602

Women's Caregiver Group
 2nd Wednesday of Every Month
 6:30 - 8:00pm
 Facilitator: Deborah LeFevre, MFT
 National MS Society
 Costa Mesa Office
 3000-C Airway Avenue, Suite 125
 Costa Mesa, CA 92626
 (714) 689-9602

Caregiver Support Group
 3rd Thursday of Every Month
 6:30-8:00pm
 Facilitator: Seraphina Galante,
 MSW, Family Consultant
 Southern Caregiver Resource Center
 3675 Ruffin Road, Suite 230
 San Diego, CA 92123
 (858) 268-4432, ext. 112

AQUATICS

Chula Vista: Outdoor

Loma Verde Pool
1420 Loma Lane
Tuesdays & Thursdays
12 - 1pm

El Cajon: Outdoor/Indoor

St. Madeline Sophie's Center
2119 East Madison Avenue
Mondays, Wednesdays & Fridays
11:30am - 12:30pm

Irvine: Indoor

Arthritis Foundation
Approved Class
Waterworks Aquatics
25 Waterworks Way
Tuesdays & Thursdays
10:30 - 11:30am
No lift available at this time

NEW LOCATION!

Carlsbad: Indoor

Waterworks Aquatics
2704 Gateway Road
Tuesdays & Thursdays
11:45am - 12:45pm



BALANCE & STRENGTH TRAINING

La Jolla

Ability Rehab Specialists
737 Pearl St, #108
1st, 2nd, 3rd Tuesdays, 6 - 6:45pm

Costa Mesa

Healthy Balance
1599 Superior Avenue, Suite B
Thursdays, 10:45 - 11:45am

YOGA

Costa Mesa

Yoga Works
1835 Newport Blvd, #A208
Mondays, 10:45 - 11:45am

Dana Point

Dana Point Community Center
34052 Del Obispo Road
Wednesdays, 8:00 - 9:15am

Fullerton

Friends in Christ Lutheran Church
2311 E. Chapman Avenue
Wednesdays, 10:30 - 11:30am

Huntington Beach

Yoga Works
301 Main Street
Wednesdays, 1 - 2pm

Santa Ana

Goodwill Fitness Center
1601 E. St. Andrew Place
Fridays, 9:45-10:45am

San Diego

Addie's Personal Training Studio
4440 Ingraham St.
Sundays, 10-11am
\$5 per session

IN YOUR NEIGHBORHOOD

Fullerton: Indoor Aquatics

North Orange County YMCA
2000 Youth Way
Mondays, Wednesdays & Fridays
9 - 10am
\$6 per session

La Jolla: Yoga

Scripps Memorial Hospital
9888 Genesee Avenue
Thursdays, 9 - 10am
\$10 monthly fee
Cardiac Rehab 858-626-6493

San Diego: Pilates

Comprehensive Therapy Service Inc.
5611 Oberlin Dr. Suite 106
Mondays, 12pm
Thursdays, 5pm
Mandy Johnston 858-457-8419
\$10 per class

San Diego: Outdoor Aquatics

Peninsula Family YMCA
4390 Valeta Street
Monday-Friday, 11am - 12pm
\$5 per session

San Marcos: Lebed Method

Meadow Lark Community Church
1918 Redwing St.
Diana Dean-Naú 760-809-9176
\$5 per class

BE ACTIVE AT WALK MS!

Each walk route is 100% accessible. Come join a community coming together to help create a world free of MS.

April 22: Carlsbad
April 28: San Diego
May 5: Irvine

SIGN UP TODAY!
MSwalk.com