

# Accelerated Cure Project for MS

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*Accelerating research towards a cure for multiple sclerosis*

## Can Do MS – committed to thriving with MS

Can Do MS is a national nonprofit organization based in Avon, Colorado whose mission is to provide every person affected by multiple sclerosis (MS) with the knowledge and tools they need to feel a sense of control over MS and have the best quality of life possible. They do this through a positive, “can do” philosophy coupled with a variety of lifestyle empowerment programs for people with MS and their families.



Can Do MS programs focus on a variety of lifestyle topics, such as exercise, nutrition, work, home, communication, relationships and the spiritual aspects of living with MS. They also include clinical topics, such as cognitive health, symptom management, rehabilitation, mobility, bladder/sexual function and psychological support. Spouses, family members and/or friends are strongly encouraged to participate in all programs. Can Do MS works collaboratively with MS care providers and organizations around the US and Canada to ensure that their programs are made available to as many people living with MS as possible.

Can Do MS programs are of varying lengths, the longest of which is their [CAN DO](#) program. This is a four-day program that provides comprehensive assessments and

education about MS. Participants have the opportunity to develop a personalized lifestyle plan through seminars, workshops, support groups and goal setting. This program also provides guidance on how to seek out the necessary resources for its participants to live the fullest life possible. Participants receive personalized attention from and have the opportunity to have one-on-one discussions with medical professionals.

The [TAKE CHARGE](#) Program is a weekend retreat for people with MS and their families. This program provides MS education through lectures. Participants also have the opportunity to interact with experts in the field of MS, professional staff and fellow participants during workshops and group activities so that each participant has a personalized experience and can obtain the maximum benefit for their individual situation.

[JUMPSTART](#) is a free, one-day educational program during which participants interact and explore the wide range of lifestyle and clinical topics mentioned above. JUMPSTART programs are offered across the country. Visit the [Can Do MS website](#) for more information, and to find upcoming JUMPSTART programs in your area. Can Do MS also offers a free [webinar series](#) that can be accessed from the convenience of home. Can Do MS consultants and MS experts participate in these webinars and serve as a resource for any questions that may arise. For more information, and to register for upcoming webinars, please click [here](#).

[Live Fully, Live Well](#) is a pilot program from the National MS Society and Can Do MS that is offered in the classroom setting. Participants have the opportunity to interact, connect and share with others. The goal of Live Fully, Live Well is for every participant to develop a wellness plan so that they can optimize their quality of life with MS. Visit the [National MS Society website](#) to find local programs.

Can Do MS also offers [adaptive ski programs](#) to people living with MS, which are in honor of their founder, Jimmie Heuga. Jimmie was an Olympic ski racing medalist that was diagnosed with MS during the height of his skiing career and went on to be an advocate of exercise and fitness to combat the disease. These unique programs, which are part of the [Ski for MS](#) event series, are offered at mountains across the country and provide opportunities to improve fitness and develop friendships.

All of the Can Do MS programs, delivered with caring, understanding and commitment, are designed to help people with MS and their families transform challenges into possibilities so that they can live the fullest life possible.