The Heuga Center for Multiple Sclerosis' five-day CAN DO® program comes to Seattle

Local News

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Edwards, Colo. • The Heuga Center for Multiple Sclerosis' (http://www.heuga.org/) CAN DO program provides a unique opportunity for people and families living with multiple sclerosis (MS) to interact with 45 MS professionals July 22 - 26, 2009 at the Embassy Suites Hotel in Seattle-Bellevue. The Heuga Center's CAN DO program focuses on improving the quality of life of people with MS and their support partners by answering questions and giving recommendations based on individual assessments and lifestyle goals. The program is an innovative educational and wellness program that teaches participants how to maximize their health and improve their quality of life. Scholarships are available for CAN DO program participants.To ensure individualized attention, the CAN DO program is limited to 25 participants with MS. Each participant is encouraged to bring a support partner, often a family member or friend, who may attend the program's support partner sessions, in addition to participating in the workshops and lectures.

Michelle K., a recent CAN DO participant shared her experience. "This program has promoted health and created hope in my life. The CAN DO program gave me new tools. I learned how to better balance the physical, intellectual, emotional, and spiritual dimensions within my MS experience. Additionally through consultations with individual expert team members and interactions with group members, I felt more connected and a greater sense of control. Even though my husband has been supportive and willing to understand MS, he learned much more about MS and how to continue his support for me. I think his experience with other support partners helped him feel like he's not alone." The Heuga Center offers three specific health and wellness programs for people with MS and their family members. The flagship program is the five-day CAN DO program. CAN DO 2 is a two-day follow up, and the JUMPSTART program is a one-day introduction to The Heuga Center's health and wellness philosophy. All of The Heuga Center's programs are based on the philosophy that people are more than their MS. *Based in Edwards, Colo., The Heuga Center for Multiple Sclerosis is a nonprofit organization leading the way with comprehensive programs that empower people and families living with multiple sclerosis (MS) to transform and improve their quality of life.*