Working to create a world free of MS

Grand Rapids Multiple Sclerosis Group

March 9, 2017

ATTENDEES: Pat Helms, Brenda Brown, Betty Burnson, Group Leader; Sally Columbus

WELCOME TO 2017!!

1st group meeting of the year brings in a few of us to kick off the year.

- **MS AWARENESS WEEK**

March 5-11th. **Orange** notepads are the promoters this year. We will leave them with businesses to give to customers promoting the MS Walk.

2017 MS WALK AMBASSADOR

NASHWAUKS' BECCY FILLMAN

Sally gave an overview of the **January MS Convention**. The Society is streamlining the organization to promote more uniformity with programs and services offered. Continue to call the MS Navigators at 1-800-FIGHTMS as you have done in the past. Note page 70 in your MS Momentum MS Magazine; Kurtis Clett's article promotes his creativity for MS Awareness with these awesome ice sculptures! Task force taking up the tremendous prices of MS medicines. Another great Sylvies Award Banquet. Hat's off to so many volunteers and especially to our neighbor the annual Gilbert Crawl4theCure fundraiser.

Thoughts for future Burger Nites; Locker Room in Coleraine, Blackberry Store. How about towards the Hibbing areas?

Betty to check out Tuesday, August 22nd date for LET'S GO FISHING CRUISE (no fishing, just cruisin')

COMING UP:

EVOLV HEALTH PRESENTATION
Saturday, March 18th
Marble City Hall
11-2:00
Alternative therapy
(Always check with your Doctor before beginning a new therapy)

MS BURGER NITE
Thursday, April 6th
Pickled Loon Saloon

5:30

MOBILITY MANIA PRESENTS
Friday, April 7th
Blandin Foundation, Grand Rapids
2-4:00
"Disability Transportation Concerns"
BRING YOUR VOICE

NASHWALK HOME SHOW
Friday/Saturday, April 7th and 8th
Nashwauk
Ambassador, Beccy Fillman to host MS Walk booth

CHAIR YOGA FOR MS
Wednesdays 9:00-9:45 at Majestic Pines. Call 218-999-7776 for the $4.00 class. Try it! Take care of yourself.

SOCIETY JEWELRY GROUP
Thursday, April 20th
St. Joseph Church
11-12:30

2017 MS WALK – HEALTH EXPO
Sunday, May 7th
Civic Center
11-3:00
www.grandrapidsms.weebly.com

NEXT MEETING: BINGO
Thursday, April 13th 11-12:30
St. Joseph Church
Bring 3 - $1.00 prizes

Sally Columbus: Group Leader
salcol17@paulbunyan.net

www.grandrapidsms.weebly.com
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MS Society:
1-800-FIGHTMS
Upper Midwest MS Society
200 12th Avenue
Minneapolis, MN 55415-1255 or
www.mssociety.org

Join the movement!