

Episode 1: Multiple Sclerosis: What is it? How is it Diagnosed?

Resources

Multiple Sclerosis Center at UW Medical Center

<https://www.uwmedicine.org/locations/multiple-sclerosis-center>

University of Washington's Multiple Sclerosis Rehabilitation & Wellness Research Center

<https://uwmsrehabwell.org/about/>

Can Do MS

<https://www.cando-ms.org/>

National MS Society

<https://www.nationalmssociety.org/>

***Get Out of Your Mind and Into Your Life* by Steven C. Hayes**

Buy here: <https://www.newharbinger.com/9781572244252/get-out-of-your-mind-and-into-your-life/>

My MS Toolkit

<https://mymstoolkit.com/>



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Guest Speakers

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