

Episode 7: Multiple Sclerosis: Diet & Nutrition

Resources

National MS Society: Pathways to Wellness in MS: Nutrition Virtual Program

<https://www.nationalmssociety.org/Resources-Support/Library-Education-Programs/PathwaystoWellness>

National MS Society: Wellness and Lifestyle Research

<https://www.nationalmssociety.org/Research/Research-News-Progress/Wellness-and-Lifestyle#section-1>

National MS Society: Intro to MS for Fitness and Wellness Professionals

<https://www.nationalmssociety.org/For-Professionals/Clinical-Care/Professional-Education/Professional-Education-Calendar/Events/Intro-to-MS-for-Fitness-and-Wellness-Professionals>

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<https://www.facebook.com/groups/keepmovingVA>



<https://www.youtube.com/channel/UCjIPXHUdOGpVfgkinTs5UdQ>

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