

SAVE THE DATE!

VIRTUAL WEBINAR FOR...

Caregivers and Family Members of Veterans with Multiple Sclerosis

Dedicating time, energy, and emotional commitment to another person can be fulfilling in so many ways. For many, being a caregiver provides richness in life and an expression of love for the person who needs assistance. Yet, the demands of care giving are great, and this can sometimes lead to fatigue and stress. Join us to learn about caregiver resilience, "the ability to adapt to challenging situations while still being able to help others".



Date: Tuesday, March 25, 2025

Time: 1 pm ET, 12 pm CT, 11 am MT, 10 am PT (1.5 hours)

Topic: Caregiver Resilience: Bouncing Forward

Speakers: Alicia Sloan, MPH, MSW, LICSW and
Bethany Ferguson, LCSW-C

Audience: Caregivers and Family Members of Veterans with MS

Access: Visit www.va.gov/MS/Banners/Caregiver_Webinar.asp or scan the QR code above

Questions: Send an e-mail to MSCentersofExcellence@va.gov



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