## **VAMS CENTERS OF FOR VETERANS EXCELLENCE**

Sign up to receive information about multiple sclerosis (MS), including educational opportunities, and articles about MS.

## **MS VETERAN NEWSLETTER**

Our quarterly MS Veteran electronic newsletter covers a variety of topics important to Veterans living their best lives with MS. Learn about

- Veterans living well with MS,
- VA research,
- symptom management,
- complementary and alternative therapies,
- disease modifying therapies,
- healthy living and whole health,
- rehabilitation services, and
- VA benefits and resources.

## **MS & ME PODCAST**

Our monthly MS and Me podcast series brings in MS experts to discuss the various issues affecting people living with MS. The podcasts are available on a variety of apps, with each podcast lasting 10-25 minutes.

In addition to our newsletter and podcast, we will send announcements about virtual educational webinars and conferences developed by the VA or in collaboration with the VA. Your e-mail address will not be shared with others. Questions, contact MSCentersofExcellence@va.gov.





U.S. Department of Veterans Affairs

Veterans Health Administration Multiple Sclerosis Centers of Excellence

