
Monthly Newsletter

December 2024



Here's what has happened in the last few months and what's to come!

Hello **ms life** community!

We are so happy to share our December newsletter with you all.

First, a little about us - **ms life** was founded to address a critical gap in support and resources for those living with or affected by multiple sclerosis. Inspired by the challenges of navigating an unpredictable and often isolating condition, the organization was created to foster connection, understanding, and empowerment. With a focus on providing both emotional support and practical tools, **ms life** is committed to transforming the experience of living with MS into one of community, resilience, and hope.

By encouraging open dialogue, shared experiences, and mutual encouragement, **ms life** empowers its community to connect with others who truly understand the complexities of living with MS. Together, we face MS with strength and courage, ensuring no one has to navigate this journey alone.

We understand that living with MS can feel overwhelming, with daily challenges that affect both physical and emotional well-being. Whether you're newly diagnosed, supporting someone in their MS journey, or have been living with MS for years, **ms life** is here to help you.

Sign up today and be a part of the
ms life community
www.ms lifecommunity.com

In this
newsletter
you can expect:

Who We Are

Recent Events

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Features



Recent Events: Bike MS

As many of you know, Bike MS is an event close to our hearts, and this year's New York City ride was nothing short of inspiring. It was a powerful reminder of the strength and resilience within the MS community, bringing together people from all walks of life to raise awareness, fund critical research, and support one another.

Participants had the option to ride either a 30-mile or 50-mile route on traffic-free roads, all while raising money for the National MS Society.

The ride began and ended at Pier 76 in Hudson Yards, with cyclists traveling along the East and West Side Highways and through the Battery Park Tunnel.

A total of 1,868 participants took part in Bike MS NYC, raising an incredible \$1,843,714.

The **ms life** community volunteers had the privilege of assisting with T-shirt distribution, helping with cleanup, and managing the lost and found - very important roles 😊.

Overall, Bike MS NYC was an unforgettable experience. From the dedicated participants and volunteers to the people cheering along the streets, it was a powerful event that raised vital funds for MS research.

All Bike MS events can be found on the National MS Society's website. Volunteers from **ms life** will certainly be there next year!

As always, thanks for being a part of **ms life** and stay tuned for upcoming newsletters.

Check us out on Instagram (@mslife.community) to get our latest updates.

Happy Holidays!

The ms life Team



Tip of the Month

This month's *Tip of the Month* is breathing exercises.

- We believe breathing exercises can be very beneficial for people living with MS.
- In our experience, taking a few minutes each day to focus on slow breathing can help lower anxiety, improve mood, and promote relaxation.
- Try out the 4-7-8 breathing exercise! Inhale for a count of four seconds, hold your breath for seven seconds, and exhale for eight seconds (and repeat).

New Website Features on ms life

- Follow other members when they post messages. If you resonate with questions or comments someone shares, follow them on the "Members" page to receive notifications when they post.
- With the new direct message feature, members can chat with other members one on one.