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# Monthly Newsletter

March 2025



Hello **ms life** community!

March is MS Awareness Month! A time for us to raise our voices, educate others, and build a stronger, more informed community. For many of us, MS is not just a diagnosis - it's a lifelong journey filled with challenges, resilience, and hope.

Multiple sclerosis is an unpredictable disease of the central nervous system. The central nervous system includes the brain, spinal cord and optic nerves. This system controls everything we do. MS disrupts the flow of information within the brain, and between the brain and body. An individual's experience with MS may change from day to day and year to year. Symptoms also vary from person to person. Some people experience fatigue, cognitive issues, numbness, vision problems, or mobility challenges, while others may have different or fluctuating symptoms. The unpredictability of MS makes it difficult to explain and often misunderstood.

### **Why MS Awareness Month Matters**

Over 2.8 million people worldwide are living with MS, yet so many still don't fully understand what it is or how it impacts lives. MS is unpredictable, often invisible, and unique to each person. Some days, we feel strong; other days, we battle overwhelming fatigue, pain, or cognitive challenges. By raising awareness, we help

break down misconceptions and advocate for better support, treatments, and policies.

### **Educate & Share**

The more we talk about MS, the more we help others understand it. This month, we invite you to share your story - whether it's with family, friends, or on social media. Awareness begins with conversation, and your experience could be exactly what someone else needs to hear. If you feel comfortable, consider sharing your journey with us on the ms life forum - [www.ms lifecommunity.com](http://www.ms lifecommunity.com) or share your story with us via email at [mslifecommunity@gmail.com](mailto:mslifecommunity@gmail.com). Your words may inspire someone who feels alone in their battle with MS.

I know how important and hard this is because I've been there. When I was diagnosed with multiple sclerosis at 21 years old, I felt lost. Reliable information was hard to find, and connecting with others who truly understood what I was going through seemed impossible. It was overwhelming, isolating, and full of uncertainty. No one should have to face MS alone. That's why MS Awareness Month is so meaningful. It's a time to share our experiences, lift each other up, and remind everyone in the MS community that they are seen, heard, and supported.

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Sign up today and be a part of the  
ms life community

[www.ms lifecommunity.com](http://www.ms lifecommunity.com)

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## Support One Another

One of the hardest parts of living with MS is feeling like no one understands. The truth is, we are stronger together. This month, take time to connect with others in the MS community - whether it's checking in on a friend, offering words of encouragement, or just listening. If you're looking for a place to belong, ms life is here for you. Please visit our online forum for open discussion and look for answers at [www.ms lifecommunity.com](http://www.ms lifecommunity.com).

## Get Involved in Your Local Community

Many MS organizations and advocacy groups host events throughout March, including walks, fundraising drives, and educational seminars. Participating in these events not only raises funds for MS research but also spreads awareness and fosters a sense of solidarity. Consider attending an MS walk, hosting a fundraising event, or volunteering with an MS-focused nonprofit. Every action, big or small, makes a difference. There are upcoming walks in CT we will be participating in – if you are in the area, please reach out to us and let us know!

## Use Social Media to Spread Awareness

Social media is a powerful tool in raising awareness about MS. Throughout the month, consider sharing MS facts, personal experiences, or advocacy initiatives using hashtags like #MSAwarenessMonth, #StrongerTogether, and #CureMS. By posting and engaging with others, we can create a ripple effect of understanding and support.

Follow us and share your experience on Instagram: @mslife.community to stay connected and help spread awareness.



## What's Happening at ms life this Month?

The ms life community is proud to announce that we are currently in the process of creating a nonprofit arm of our organization. This will allow us to expand our reach, secure funding for vital programs, and provide even more resources for those affected by MS. As we move forward, we will be sharing updates on how you can get involved and support this exciting new chapter for ms life.

Our goal with this nonprofit initiative is to provide direct assistance to those living with MS. We want to create opportunities for individuals with MS to connect, learn, and thrive in ways that might not have been possible before.

We are also exploring partnerships with other organizations to strengthen the support network for people affected by MS. By working together, we can make a meaningful impact on the MS community and drive positive change. If you know of an organization that aligns with our mission, we would love to hear from you!

Stay tuned for upcoming announcements about fundraising events, volunteer opportunities, and new programs launching under our nonprofit initiative. We are incredibly excited for this next step and can't wait to share this journey with you!

Thank you for being a part of the ms life community. Together, we can make a difference.

## *The ms life team*

