LIAISON BULLETIN

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**LIAISON BULLETIN**

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2 Montreal Chapter—Winter 2012
Adapted Yoga

I would like to talk about a course that has already been offered by the MS Society for a few years. It is the adapted yoga class in which I enrolled for the first time in the fall of 2011.

The classes were given by the very charming Caroline, who recently left us for a resourcing trip to India, the country where this ancient practice originated. She came back with us last year with more experience. Combined with her diploma of occupational therapist, she is really the perfect person for teaching adapted yoga.

In my opinion, the benefits of practicing yoga include better balance, more energy, versatility, flexibility and greater relaxation.

Now I would like to tell you something about my beliefs.

Fate rules the universe and, as such, the events of our life happen to make us learn something and/or to entertain us.

Just like you, I did not expect to get Multiple Sclerosis. But, because of MS, I have learned a lot about myself, about other people and other subjects, including nutrition - which led me to change my diet from A to Zinc for my benefit.

I know that nothing comes easy and success requires effort, as they say in sports. However, by making those efforts and trying to outdo yourself, you can gain great personal satisfaction, which truly enriches your life.

Happy spring!

Serge Loiselle
Bladder problems? Obtain answers to your questions

This lecture is for people who have multiple sclerosis and their family and caregivers. An overview will be provided of therapeutic options for various bladder problems. Dr. Jolivet will discuss causes of urinary problems in MS, precautions to be taken by people who have MS and symptoms to be monitored.

Date: June 8

Time: 10:00 to noon

Location: Holiday Inn Hotel, 420 Sherbrooke Street West, Montreal

Guest speaker
Dr. Martine Jolivet, urologist and CHUM Director of Neuourology and the Urodynamics Laboratory

For information and registration
You can sign up by contacting the Montreal Chapter.
Phone: 514 849-7591
Email: info.montreal@mssociety.ca

This event is made possible through an educational grant by Allergan Inc.
A Private Evening with Young Researchers

About 10 young multiple sclerosis researchers will share their knowledge with you during this very special evening. They would also like to learn more about the day-to-day reality of people who have MS.

There will be one researcher per table to encourage friendly discussion among guests. You will have a new expert at your table with each new course of the meal.

When: Monday, April 29, 2013
from 6:30 p.m. to 8:30 p.m.
*The doors will open at 5:30 p.m. The meal will be served and discussions will begin at 6:30 p.m.
Location: Robin des Bois Restaurant
4653 Saint-Laurent Blvd.

To register, call Mylène Huet at 514 849-7591, extension 236, before April 19. Spaces are limited.

This event is made possible through an educational grant by EMD Serono Inc.
The Neuro Film Series

The Neuro Film Series presents “Hilary and Jackie”

“Hilary and Jackie” is the tragic story of world renowned classic cellist Jacqueline du Pré, as told from the point of view of her sister, flautist Hilary du Pré-Finz. Based on Hilary du Pré’s book “A Genius in the Family”, the movie chronicles the rise to fame and physical decline of Jacqueline du Pré. Jackie is diagnosed with Multiple Sclerosis, which first manifests as dementia, and later results in complete paralysis. “Hilary and Jackie” is an extraordinary film about riding the tiger of genius, and how that cuts through conventional rules and invests the rider with special license.

Neuro host, Zografos 'Aki' Caramanos is a Research Assistant and PhD Student in Dr. Douglas Arnold's brain imaging lab at The Neuro where he makes use of magnetic resonance imaging data in order to better understand the relationship between neuropathology and disability in people living with multiple sclerosis. Hana Salaheddine, living with multiple sclerosis will answer questions about the disease following the film. In addition, Zografos Caramanos will offer comments and invite discussion about the film.

Discover Science at the movies on April 17, 6:30 pm at: The Montreal Neurological Institute and Hospital, 3801 University Street, Jeanne Timmins Amphitheatre.

Neuro Movie Nights are free and snacks can be purchased (including wraps and popcorn)!

To register, call Mylène Huet at 514 849-7591, extension 236.

We look forward to seeing you there!
Have you received a MS diagnosis less than three years ago? The Montreal Chapter invites you and your family to information sessions. The following topics will be discussed:

- Symptoms and treatments
- Resources available (work, insurance, etc.)
- Living with MS (psychological aspects)

For more info, please contact Robert Morin at 514 849-7591, ext. 241

A minimum of 15 participants is required
Youth Program

2013 MS Summer Camp

The MS Summer Camp is an opportunity for children and teens with MS to meet for a week long adventure full of fun and new friends. The camp also allows participants to enjoy a break from the stress associated with MS, in a supportive environment.

Camp will be held from August 17-24, 2013!

New location – another amazing experience!
Campers will be treated to a unique camp experience in the beautiful Rocky Mountains at Easter Seals Camp Horizon near Calgary, Alberta.

To register online for the 2013 MS Summer Camp. mssociety.ca/en/help/camp.htm
To register by phone, please contact 1 866 922-6065 extension 3170.

AN EXCITING ONLINE COMMUNITY
someoneilikeme.ca

Montreal Chapter—Winter 2012
The Montreal Chapter is offering a session in English!

The Journey to Wellness Program is for people who have had MS for a few years and who want to improve their quality of life. It is based on six aspects of wellness: physical, emotional, intellectual, occupational, spiritual and social health.

A participant’s testimonial

“It is good to receive this information and find out how it will apply in the long term. I do a lot of things and see a lot of people, but we are still in the minority, whereas we can be in the majority when we are with people experiencing the same situation and same feelings.”

Meetings will be held at the MS Society office, 550 Sherbrooke Street West, East Tower, suite 1010 from 1:30 p.m. to 4 p.m., the following Thursdays:

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<thead>
<tr>
<th>March</th>
<th>April</th>
<th>May</th>
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<tr>
<td>14, 21, 28</td>
<td>4, 11, 25</td>
<td>7, 8, 16</td>
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</table>

To register or for more information, please contact Patricia Rizan by dialling 514 849-7591, ext. 249. Cost: $20.
Self-help Groups

For additional information or to register for a self-help group, please contact Robert Morin at 514 849-7591, extension 241. All the self-help groups require a registration.

SELF-HELP GROUP (IN ENGLISH)

Self-help group for English-speaking people with MS. Due to unexpected event, the location and the schedule will be determined shortly. To register or get more information, please contact Patricia Rizan at 514 849-7591 ext. 249

<table>
<thead>
<tr>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
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<td>12 &amp; 26</td>
<td>9 &amp; 23</td>
<td>TBD</td>
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</table>

SELF-HELP GROUP Young Adults (IN ENGLISH)

Self-help group for young adults living with MS.

To learn more about the meetings, please contact:

Jennifer Doran  
jennifer.doran@muhc.mcgill.ca

SELF-HELP GROUP – Recent Diagnosis (IN FRENCH)

Self-help group for people who have been diagnosed with MS within the past 3 years.

Centre de réadaptation Lucie-Bruneau  
2222 Laurier Avenue East, room 112  
From 7 p.m. to 9 p.m., the following Tuesdays:

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<tr>
<th>March</th>
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<td>26</td>
<td>30</td>
<td>28</td>
<td>25</td>
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</table>
# Self-help Groups

## SELF-HELP GROUP - Young Adults (IN FRENCH)

Self-help group for people between the ages of 20 and 35.

**MS Society of Canada**  
550 Sherbrooke Street West  
East tower, suite 1010

*From 7 p.m. to 9 p.m., the following Tuesdays:*

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<tr>
<th>March</th>
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<th>June</th>
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<tr>
<td>canceled</td>
<td>2</td>
<td>7</td>
<td>11</td>
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</table>

## SELF-HELP GROUP - Caregivers (IN FRENCH)

Self-help group for caregivers. Caregivers are family members or friends who provide ongoing care and assistance, without pay, to those in need of support due to physical or cognitive conditions.

**Centre de réadaptation Lucie-Bruneau**  
2222 Laurier Street East, Room 112

*From 7 p.m. to 9 p.m., the following Mondays:*

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<td>29</td>
<td>27</td>
<td>TBD</td>
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</table>
Physical Activities & Wellness

For information or registration, contact Robert Morin at 514 849-7591, ext. 241. **All the courses require a registration.** Please note that some courses have a waiting list.

**SCHOOL OF MOVEMENT***

The School of movement is led by specialized physical fitness instructors and kinesiologists. The physical exercises are designed to work on balance, coordination, strenght and endurance, and are carried out based on each individual's pace and abilities. The cost is $25 per term. *The class is given in French but it is very easy to mimic what the teachers do and it is also possible to ask for simple explanations in English.*

**Centre de Réadaptation Lucie-Bruneau**

**2275 Laurier Avenue East, in the gymnasium**

**Group 1:** from 11 a.m. to 12:30 p.m. (SEATED POSITION)

**Group 2:** from 1 p.m. to 2:30 p.m.

**Group 3:** from 2:30 p.m. to 4 p.m.

**The following Wednesdays:**

<table>
<thead>
<tr>
<th>April</th>
<th>May</th>
<th>June</th>
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</thead>
<tbody>
<tr>
<td>3, 10, 17, 24</td>
<td>1, 8, 15, 22, 29</td>
<td>5, 12, 19</td>
</tr>
</tbody>
</table>

**CHOIR (IN FRENCH)**

Singing on a regular basis can improve pronunciation, breathing capacity, energy level and of course helps you hit the right note and expand your musical knowledge. To register, contact Patricia Rizan. The cost is $25 per term.

**Association Sportive et Communautaire du Centre-Sud**

**2093 de la Visitation (corner Ontario)**

**From 1 p.m. to 3:30 p.m., the following Fridays:**

<table>
<thead>
<tr>
<th>March</th>
<th>April</th>
<th>May</th>
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<tbody>
<tr>
<td>1, 15, 22</td>
<td>5, 12, 19, 26</td>
<td>3, 10, 17, 24, 31</td>
</tr>
</tbody>
</table>
Physical Activities & Wellness

ADAPTED YOGA (BILINGUAL)

The adapted yoga activity program improve the quality of life and encourage a more active lifestyle. Adapted yoga practice helps for an overall improvement in balance, flexibility, focus and a better stress management. The cost is $25 per term.

M-A-I Centre—3680 Jeanne-Mance Street, room 428

Group 1: from 10:30 a.m. to noon (BILINGUAL)
Group 2: from 12:30 p.m. to 2 p.m.
Group 3: from 2:15 p.m. to 3:45 p.m. (SEATED POSITION)

The following Thursdays:

<table>
<thead>
<tr>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
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<tbody>
<tr>
<td>7, 14, 21, 28</td>
<td>4, 11, 18, 25</td>
<td>2, 9, 16, 23, 30</td>
<td>6</td>
</tr>
</tbody>
</table>

Tai chi

Tai chi is a holistic form of exercise that has been popular for centuries. Some of its recognized health benefits include improved circulation, balance and posture, greater strength and flexibility and stress reduction.

La Société de Tai Chi taoïste de Montréal (Taoist Tai Chi Society of Montreal) provides tai chi classes for people with special needs on Mondays and Thursdays from 1 p.m. to 3 p.m. The building, located at 5271 Saint-Hubert Street, is accessible. There are annual fees of $20 and other course-related fees. For more information, feel free to contact the group at 514 272-5271.
Restaurant & Buffet Get-Together

It is very important to register if you want to attend one of the activities. When you register, we can assure you a place and contact you in case of a cancellation. Cost for the Buffet Get-Together is $5 and for Restaurant Get-Together, you get $5 off the total of your bill. To register or for more information, please contact Patricia Rizan by dialling 514 849-7591, ext. 249.

Wednesday from noon to 2 p.m.

<table>
<thead>
<tr>
<th>March</th>
<th>Pacini Restaurant</th>
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<tbody>
<tr>
<td>6</td>
<td>Restaurant Get-Together at 6583 Sherbrooke Street East</td>
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</table>

<table>
<thead>
<tr>
<th>March</th>
<th>Le Mandarin Buffet</th>
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<tbody>
<tr>
<td>13</td>
<td>Buffet Get-Together at 2101 Dollard Avenue</td>
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</table>

<table>
<thead>
<tr>
<th>March</th>
<th>Casa Grecque Restaurant</th>
</tr>
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<tbody>
<tr>
<td>20</td>
<td>Restaurant Get-Together at 7218 Newman Boulevard</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>March</th>
<th>Annual General Meeting</th>
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<tbody>
<tr>
<td>27</td>
<td>from 11:30 a.m. to 3 p.m</td>
</tr>
<tr>
<td></td>
<td>Buffet Jardin Tiki at 5300 Sherbrooke Street East</td>
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<td><em>See page 7 for full detail</em></td>
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<table>
<thead>
<tr>
<th>April</th>
<th>Mikes’ Restaurant</th>
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</thead>
<tbody>
<tr>
<td>3</td>
<td>Restaurant Get-Together at 5912 Grandes-Prairies Blvd</td>
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</table>

<table>
<thead>
<tr>
<th>April</th>
<th>Break</th>
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<tr>
<td>10</td>
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<table>
<thead>
<tr>
<th>April</th>
<th>SUGAR SHACK</th>
</tr>
</thead>
<tbody>
<tr>
<td>18</td>
<td><em>See page 16 for full detail</em></td>
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</tbody>
</table>

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<thead>
<tr>
<th>Date</th>
<th>Restaurant</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>April</td>
<td><strong>Fu Lam Buffet</strong></td>
<td>Buffet Get-Together at 4275 Jean-Talon Street East</td>
</tr>
<tr>
<td>May</td>
<td><strong>Score’s Rotisserie</strong></td>
<td>Restaurant Get-Together at 8520 Newman Boulevard</td>
</tr>
<tr>
<td>May</td>
<td><strong>Le Mandarin Buffet</strong></td>
<td>Buffet Get-Together at 2101 Dollard Avenue</td>
</tr>
<tr>
<td>May</td>
<td><strong>Pacini Restaurant</strong></td>
<td>Restaurant Get-Together at 6583 Sherbrooke Street East</td>
</tr>
<tr>
<td>May</td>
<td><strong>Meeting with STM</strong></td>
<td>Buffet Jardin Tiki at 5300 Sherbrooke Street East</td>
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<td></td>
<td><strong>Presentation and demonstration of the new STM buses accessible to wheelchair users.</strong></td>
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<tr>
<td>May</td>
<td><strong>Mikes’ Restaurant</strong></td>
<td>Restaurant Get-Together at 5912 Grandes-Prairies Blvd</td>
</tr>
<tr>
<td>June</td>
<td><strong>THE MONTREAL CHAPTER’S ANUAL BBQ</strong></td>
<td>See page 16 for full detail</td>
</tr>
<tr>
<td>June</td>
<td><strong>St-Hubert Rotisserie</strong></td>
<td>Restaurant Get-Together at 10 495 Pie-IX Boulevard</td>
</tr>
</tbody>
</table>
Activities

SUGAR SHARK

Thursday, April 18

Location: Cabane à sucre Constantin
1054 Arthur-Sauvé Boulevard (road 148), St-Eustache

When: from 11 a.m. to 3 p.m.
Cost: $15
Registration is mandatory

For registration and group transportation, please contact Patricia Rizan before March 26.

THE MONTREAL CHAPTER’S ANNUAL BBQ

Thursday, June 6

Location: Park of the Notre-Dame-de-la-Merci Pavillon
(under the tent)
CSSS Bordeaux-Cartierville-St-Laurent
555 Gouin Blvd. West

When: from 11:30 a.m. to 3 p.m.
Cost: $5

In good weather or bad, put on your sun hat and come have fun with us!

For registration and group transportation, please contact Patricia Rizan before May 21.
Cultural Evenings

A new activity for night owls!

We invite you to participate in a new activity that will take place in the evening. The goal is to provide social activities for people with MS who work or for whom daytime activities are less convenient.

The concept is simple: we will visit a cultural attraction for one hour and a half and then end the evening in a place where we can talk, such as a café or bistro. The admission fees and drinks will be at the participant’s expense, but we will try to ensure that the costs are reasonable for everyone. For example, admission to the Musée d’art contemporain de Montréal is free every Wednesday evening, and it will be our first outing.

We will make every possible effort to visit venues that are accessible for everyone, but the reality is that not all Montreal facilities are accessible. When reading about our cultural evenings, please pay special attention to the accessibility Information. Registration is mandatory.

Schedule

<table>
<thead>
<tr>
<th>April 24</th>
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<tbody>
<tr>
<td>6 p.m. - Musée d’art contemporain</td>
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<tr>
<td>Cost: Free</td>
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<tr>
<td>Exhibition: Laurent Grasso-Uraniborg/Lynne Cohen-Faux Indices [false clues]/Jonathas de Andrade (film)</td>
</tr>
<tr>
<td>7:30 p.m. - Meeting point after the visit – Van Houtte Café-Bistro (In front of Archambault –Place des arts)</td>
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<tr>
<td>Accessibility: For everyone</td>
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<table>
<thead>
<tr>
<th>May 22</th>
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<tbody>
<tr>
<td>6 p.m. - Musée des Beaux-arts de Montréal</td>
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<tr>
<td>Cost: $10</td>
</tr>
<tr>
<td>Exhibition: Peru Kingdoms of the Sun and the Moon</td>
</tr>
<tr>
<td>7:30 p.m.- Meeting point after the visit - Bistro Café des beaux-arts</td>
</tr>
<tr>
<td>Accessibility: For everyone</td>
</tr>
</tbody>
</table>

To sign up, or for more information, feel free to contact Robert Morin at 514 849-7591, ext. 241.
GAME DAY

Come and join us for an afternoon of playing games and socializing with others!

It’s a good way to meet new people while forgetting about the challenges we face every day. Games help with memory loss, concentration, focus, relaxation and multitasking. Another name for this activity is called “MS FREE ZONE DAY.” Our goal is to simply have fun on a lazy afternoon and forget our health problems momentarily as we play games. It's another place to be away from home for awhile!

**Due to unexpected event, the location and the schedule will be determined soon.**

For more information or to register, please leave a message for Maria at 514 774-6033 or write an email at maria.twins@gmail.com. She will contact you shortly!

Due to the growing popularity of our activities, registration is compulsory as seating is limited for all our activities. To confirm or cancel your registration, please phone Patricia Rizan at 514 849-7591, extension 249 as soon as possible.

By taking part in the activities of the Montreal Chapter, you give full consent to use your name and all photographs or videos taken of you at any of the events.

The Multiple Sclerosis Society of Canada is in compliance with the *Personal Information and Electronic Documents Act*. Please see the MS Society Website for the full Privacy Statement [mssociety.ca/qc](http://mssociety.ca/qc) or call 1 800 268-7582.
The CAMO pour personnes handicapées and the National Career Event are partnering to bring you a massive INCLUSIVE Job Fair!

One of the goals of this first collaboration is to enable graduates, alumni and people active in the labour market, who have a functional limitation to gain access to a greater number of employers, a greater diversity of employment sectors and more positions. Another objective is to allow a greater number of employers to meet and benefit from a skilled and diversified workforce.

On The Agenda:

4 fairs under the same roof

- The Salon Carrières et Développement professionnel (Career & Professional Development) presented by La Presse
- The Healthcare Career Fair
- The Banking, Finance & Insurance Career Fair
- The Technology Career Fair (a minimum of 2 years IT experience) - Salon carrières du Réseau des ingénieurs du Québec (Engineering degree or Engineer)

Thematic Pavilions

- The Career & Employment Pavilion
- The Immigration – Employment Services Pavilion
- The Adult Continuing Education Pavilion
- The Entrepreneurship Pavilion

Wednesday, April 10, from Noon to 7 p.m.
Thursday, April 11, from 10 a.m. to 5 p.m.

Palais des congrès de Montréal
(Place-d’Armes metro station)

Registration at camo.gc.ca
(before April 5, at 4 p.m. for those requiring accommodation)

Information: 514 522-3310
The term “complementary” medicine means in addition to conventional medical treatments, whereas “alternative” medicine means instead of conventional medical treatments. Complementary and alternative medicine offer a wide range of approaches, including the use of natural health products, herbal remedies, homeopathic products and vitamins, acupuncture, massage and meditation.

In Canada, many MS clinics report that nearly 70% of their patients use some form of complementary or alternative medicine, but the types of therapies used are very diverse, and users often switch from one to another.

It is sometimes difficult to make sense of all the treatments and therapies offered to us. Being well informed is essential, but caution is always recommended. The following page proposes reliable resources that will help you make an informed decision.

Clinical trials, including a control group (using a placebo during the trial), allow us to properly assess a treatment. Clinical trials can identify any observable benefits or side effects of the treatment assessed. However, many complementary and alternative therapeutic approaches have never been the subject of trials, which explains why it may be difficult for health professionals to issue an opinion on them.

In any case, neurologists encourage patients to talk about the use of complementary and alternative medicine with them. They can inform you about the known side effects of the products you are taking and any possible drug interactions.
The MS Society of Canada Web site provides good information for people with MS interested by complementary and alternative medicine (CAM).

[mssociety.ca/en/treatments/CAT.htm](mssociety.ca/en/treatments/CAT.htm)

Additional information on Eating well for healthy living: Examining the role of supplements.

[mssociety.ca/en/information/eatingwell_supp.htm](mssociety.ca/en/information/eatingwell_supp.htm)

On the web site [Neurology Care](neurologycare.net), a wide range of complementary and alternative therapies and their specific use in people with MS are explained with great rigour by Dr. Allen C. Bowling.

The Multiple Sclerosis International Federation (MSIF) offer you an issue of MS in focus devoted to providing objective, practical, MS-relevant Complementary and alternative medicine information.

[msif.org/docs/MSinFocusIssue15EN.pdf](msif.org/docs/MSinFocusIssue15EN.pdf)

**Book**

[Complementary and Alternative Medecine and Multiple Sclerosis, Second Edition](#)

Dr. Allen C. Bowling, Demos Medical Publishing


This book provides accurate and unbiased information on a wide range of complementary and alternative medicine approaches that can aid both in managing symptoms and promoting general health and wellness.
I am the Les Perséides team leader. We have been walking since 1995. I have multiple sclerosis as my mother did, so you can understand why this cause is close to my heart. For this reason, and for the pleasure of meeting with all the other teams, we will be at the start line for the MS Walk at Jean Drapeau Park on May 26 for the nineteenth time.

If you are reading this text, you probably have an interest in multiple sclerosis. I would like to reach out to those who have never participated in the walk. I invite you to register and walk solo or form your own team of four or more people. Bring your children. My two-year old granddaughter walked and “rolled” with her grandmother and my grandson slept through his first walk when he was one month old.

So, bring your family and share the beauty of the site with us. You will enjoy the friendliness of the participants and the entertainment that is always well prepared by the event organizers, as well as eat lunch in good company. In short, spend a nice Sunday that will be the culmination of all of the efforts and energy spent on raising money for our cause.

I look forward to seeing you on May 26!

Micheline Larose
Les Perséides team leader
MS WALK
EVERY STEP MATTERS.

LACE UP FOR SOMEONE
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