

## Multiple Sclerosis Wellness Program

The Multiple Sclerosis (MS) Wellness Program at Kessler Institute focuses on creating greater awareness and understanding of the many changes and challenges that persons with MS may experience. It is designed to empower individuals to best manage their condition and increase their quality of living through education and an experiential curriculum. Our dedicated team of neuro-rehabilitation specialists integrates evidence-based cognitive and psychological treatment with wellness-based practices to meet each client's needs.

Before beginning the program, individuals will participate in a clinical interview to help identify the physical, cognitive and/or emotional concerns they may have.

### LIVING WITH MS SUPPORT GROUP SERIES

Facilitated by a psychologist, this unique support group will address a range of topics, including:

- Mind/body interaction
- Adjusting to your changing self
- Managing MS-related fatigue
- Loss, grief and spirituality
- Communication and relationships
- Coping mechanisms
- Stress management
- Cognitive challenges

### WELLNESS SEMINARS

Presentations cover a variety of informational and educational topics, and provide important cognitive strategies to help those with MS. In addition, Yoga, Pilates and/or stretching exercises will be included in each session, and the benefits of physical and occupational therapies will be explored. Among the topics addressed:

- Health and well-being
- Energy conservation
- Balance
- Nutrition
- Bowel and bladder management
- Vocational rehabilitation

The Living with MS Series and Wellness Seminars will run for ten consecutive Wednesdays from 10:00 a.m. – 3:00 p.m. A continental breakfast and lunch are included.

**THE NEXT SERIES IS SCHEDULED TO BEGIN FALL 2016  
at Kessler's Saddle Brook location.**

**For more information or to arrange an interview, contact the  
Department of Psychology & Neuropsychology at Kessler Institute for Rehabilitation**

**Phone: 973.324.3634 ○ Fax: 973.677.4253**