

John A. Schafer, MD  
**Multiple Sclerosis  
Achievement Center**



# FINANCIAL WELLNESS

The John A. Schafer, MD Multiple Sclerosis Achievement Center is honored to virtually host **Lauren Ralston**. Lauren's specialty is financial planning and assists clients with deciphering and meeting their financial goals.

Before joining CAPTRUST, Lauren was with a third-party administrator helping business owners. Having that experience helped her when working with individuals on the other side of retirement plans. She earned a Bachelor of Science degree in finance from the California State University California. Lauren enjoys spending time with her husband, Gus, snowboarding, riding motorcycles, and walking their border collie, Caddy, along the river trails in Sacramento. When not feeling as adventurous, she likes to read and garden.

**Monday, January 27th, 2025**

**Virtually**

11:00 am-12:00 pm PST

*Registration is required and a ZOOM link will be emailed to registrants.*

*Space is limited.*

*Please register by January 13th.*



To register, contact: 916.453.7966 or  
[Lacey.Sayre@commonspirit.org](mailto:Lacey.Sayre@commonspirit.org)

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