

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



# LIVING WITH MS AS A COUPLE

**Rosalind Kalb, PhD** is a clinical psychologist who has specialized in MS care and education for more than 40 years. After receiving her doctorate from Fordham University in 1977, she began her career in MS at the Albert Einstein College of Medicine, in the country's first university-based comprehensive MS care center. Dr. Kalb currently serves as Senior Programs Consultant for Can Do Multiple Sclerosis, helping to develop and implement health and wellness programs for the MS community. She is also currently in the process of publishing the 3rd Edition of 'Multiple Sclerosis for Dummies'.

This virtual session will include educational material on building and maintaining a healthy and mutually satisfying relationship while living with multiple sclerosis. Couples will learn strategies for managing invisible symptoms, communicating effectively, overcoming the many challenges of this diagnosis and the many changes it may cause in a relationship.

**Monday, September 30, 2024**

11:00am - 12:00pm PDT

*Registration is required.  
This session will not be recorded.*

*Please register by September 23rd.*

**To register, contact:**

916.453.7966 or

[Lacey.Sayre@commonspirit.org](mailto:Lacey.Sayre@commonspirit.org)



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