

# July 2022

| June '22 |    |    |    |    |    |    | August '22 |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|------------|----|----|----|----|----|----|
| M        | T  | W  | T  | F  | S  | S  | M          | T  | W  | T  | F  | S  | S  |
|          |    | 1  | 2  | 3  | 4  | 5  | 1          | 2  | 3  | 4  | 5  | 6  | 7  |
| 6        | 7  | 8  | 9  | 10 | 11 | 12 | 8          | 9  | 10 | 11 | 12 | 13 | 14 |
| 13       | 14 | 15 | 16 | 17 | 18 | 19 | 15         | 16 | 17 | 18 | 19 | 20 | 21 |
| 20       | 21 | 22 | 23 | 24 | 25 | 26 | 22         | 23 | 24 | 25 | 26 | 27 | 28 |
| 27       | 28 | 29 | 30 |    |    |    | 29         | 30 | 31 |    |    |    |    |

All events available to people living in Scotland: those highlighted in purple are UK wide

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday  | Sunday |
|---|--|---|--|--|---|--------|
| 27  | 28   | 29  | 30   | 1<br><a href="#">Develop your daily meditation practice via daily recordings by Jacq Munro</a> | 2 10:00 - 11:00<br><a href="#">Creative mindfulness course for the MS Community</a> | 3      |
| 4   | 5  | 6   | 7 18:00 - 19:30<br><a href="#">Tips to manage MS, newly diagnosed session</a>  | 8  | 9   | 10     |
| 11  | 12   | 13  | 14 18:00 - 19:00<br><a href="#">Temperature sensitivity and MS</a>   | 15   | 16  | 17     |
| 18  | 19   | 20<br><a href="#">Make and Chat club</a><br>14:00 - 15:30<br><a href="#">Self-care and Balance</a><br>14:30 - 15:30<br><a href="#">Why be active with MS- In person event</a><br>18:00 - 20:00<br><a href="#">Why be active with MS- online webinar</a><br>18:30 - 19:30<br><a href="#">Self-care Essentials</a><br>18:30 - 20:00 | 21 18:30 - 20:00<br><a href="#">Bladder, Bowel and my MS Webinar</a>   | 22   | 23  | 24     |
| 25 18:30 - 19:30<br><a href="#">Moving Together with MS</a> | 26 18:30 - 19:30<br><a href="#">Conversation Café: Bladder and Bowel</a> | 27 18:00 - 19:00<br><a href="#">Physiotherapy check-in</a>  | 28 19:00 - 20:00<br><a href="#">Living Well Book Club</a>  | 29   | 30  | 31     |
| 1   | 2  | UK-wide virtual support<br>MS Helpline<br>Digital Tools<br>Scotland Wellbeing Hub   | <a href="https://bit.ly/msvirtuallsupport">https://bit.ly/msvirtuallsupport</a><br><a href="https://bit.ly/mshelpline">https://bit.ly/mshelpline</a><br><a href="https://bit.ly/managementfatigue">https://bit.ly/managementfatigue</a><br><a href="https://bit.ly/mswellbeinghub">https://bit.ly/mswellbeinghub</a> | <b>Hard to read?<br/>Download and click on<br/>the + button</b>                                |   |        |