

# [MS Awareness Week 2021](#)

MS Awareness Week starts tomorrow.

Please see the poster below for information from the MS Society on details of some events coming up during the week.

Details of the sessions can be found at its Eventbrite page [here](#).

## **My MS, My Way: Tayside**

### **MS Awareness Week**

**19-25 April 2021**

**Come and join us, we are here  
for everyone affected by MS**

**Mon** 4-5pm: Peer Support Drop-in

**Tues** 12.30-1.30pm: Time Tay Chat

**Wed** 12.30-1.15pm: Seated Pilates

**Thurs** 7-8pm: Resilience and Mental Health

**Joining details on eventbrite**

