

[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

