



**TRI-STATE
MULTIPLE SCLEROSIS
ASSOCIATION**

971-C South Kenmore Drive

Evansville, IN 47714

Phone: 812-423-5943, Toll Free: 1-866-514-4312

www.tristatems.org

Follow us on Facebook, Instagram, and LinkedIn

SEPTEMBER 2024 Newsletter

Offering support, care, and hope...*right here at home!*

The mission of the Tri-State Multiple Sclerosis Association is to enhance the quality of life for individuals living with MS & their families in Southern IN, Southern IL & Western KY

SUPPORT GROUP MEETINGS AND CONTACT INFORMATION

Terri Hasty - Tell City - 812- 686-8183 – 1ST Monday of the Month.

No September Mtg, Next mtg. – 10/7/24 at Twilight Towers, Tell City at 11am.

Fran Neal - Washington - 812-259-1565

3rd Saturday of the Month at Cherry Ghost Coffee House in Washington at 10 am.

Cheryl Walker - Henderson - 270- 823-4752

Starting back up! Details coming soon!

Lunch & Learn With Susan Reynolds, RN, MS Nurse Specialist



“New DMT’s On The Horizon”

Thursday, September 12TH at 11:30am at TSMSA

Please RSVP @ 812-423-5943/1-866-514-4312

****Refreshments served****

MS Chair Yoga with Delanie Davis

IS NOW BEING OFFERED VIRTUALLY!!!!

Email director@tristatems.org and Tina will send you an invite through Microsoft Teams.

LAST THURSDAY OF EVERY MONTH

12PM (NOON) to 1PM AT THE TSMSA OFFICE.

NEXT CLASS THURSDAY September 26th

RSVP by calling 812-423-5943, 1-866-514-4312



The Jillson Family is holding a **STRIKE OUT MS Co-ed Slow pitch Softball Tournament** in honor of their daughter, Molly Dewig, at Wesselman Park on Saturday, September 14th (all-day event) ****Contact us for more details at 812-423-5943****

**SAVE
THE DATE**

All About ME Day.

Saturday, October 5th 2024

Bally's Conference Center
421 NW Riverside Drive, Evansville, IN 47708
REGISTRATION 9:00AM - 9:50AM



Dr. Amber James
Chiropractor



Dr. Allison Bush
Physical Therapist



Delanie Davis
Health and Wellness Coach



Carol Havens
Author,
COO Jim & Carol Havens
Foundation



Leigh Perry
Independent ID Shield
Associate



Kristina Bellew
Certified CBD Consultant



TRI-STATE
MULTIPLE SCLEROSIS
ASSOCIATION



Karen Johnson
Meditation Instructor

**Pre-registration is required for
individuals with ms and (1)
guest.**

To pre-register for this FREE program contact TSMSA @ 812-423-5943


LIGHT BREAKFAST AND LUNCH PROVIDED, DOOR PRIZES AND THE SALON PROFESSIONAL ACADEMY WILL BE AVAILABLE FOR MANICURES, HAIRSTYLING, & WAXING




TRI-STATE
MULTIPLE SCLEROSIS
ASSOCIATION

Autumn WALK

SUNDAY,
NOVEMBER 3RD 2024

 Harrison High School-
211 Fielding Road, Evansville, IN

 Registration- 12:30
Walk- 1:30

**Team Contests, Silent Auction,
Live Music, Face Painting,
Clown, Firetruck, Vendors,
THE BOOM SQUAD,
And So Much More!**

**TO DONATE OR FORM YOUR TEAM
scan the QR code or contact us at
812-423-5943**



PRESENTED BY:



Tri-State Multiple Sclerosis Association - 971-C S. Kenmore Dr. Evansville, IN 47714
812-423-5943/1-866-514-4312 - director@tristatems.org - www.tristatems.org

Our Mission

To enhance the quality of life for individuals living with multiple sclerosis and their families throughout Southern Indiana, Western Kentucky, and Southern Illinois.

Tri-State Multiple Sclerosis Association

Evansville Autumn Walk 2024

Name _____

Address _____

City _____ State _____ Zip code _____

Phone _____

Email _____

TEAM NAME _____

AWARDS

Autumn Walk T-Shirt awarded at \$50

Plaques will be awarded to these top teams

1. Most Creative T-Shirt/Costume
2. Team with Most Spirit
3. Largest Company Team
4. Largest Family & Friend Team

SPONSOR NAME DONATION \$\$ AMOUNT

- | | | |
|-----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |
| 6. | _____ | _____ |
| 7. | _____ | _____ |
| 8. | _____ | _____ |
| 9. | _____ | _____ |
| 10. | _____ | _____ |
| 11. | _____ | _____ |
| 12. | _____ | _____ |
| 13. | _____ | _____ |
| 14. | _____ | _____ |
| 15. | _____ | _____ |
| 16. | _____ | _____ |

TOTAL: _____

****Waiver**** Walk at your own risk. Please sign below.

NAME: _____



TO DONATE OR FORM YOUR TEAM

Scan QR code below or bring this completed form and donations with you to the event.

SPONSORS CAN MAKE DONATIONS WITH CASH, CHECK MADE PAYABLE TO THE TRI-STATE MULTIPLE SCLEROSIS ASSOCIATION-MAIL TO 971-C SOUTH KENMORE DRIVE EVANSVILLE, IN 47714 OR WITH CARD BY USING QR CODE ABOVE.