

THE POWER TO BE MORE THAN YOUR MS  
Formerly The Heuga Center for Multiple Sclerosis

## Program Participant Testimonials

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*“Going to the program confirmed my belief that exercise is the key to minimizing, if not eliminating the symptoms of MS. CAN DO is such a warm, nurturing program that it offers an individual the best in professional care, information and motivation to increase one’s self esteem and motivate individuals to pursue an active, healthy lifestyle. Can Do MS empowers the individual to take charge of their condition.”*

-Martha G., New York

*“The CAN DO Program helped me understand my wife’s MS, and it gave us a blueprint for a healthier life.”*

-Howard B., Colorado

*“Coming to the CAN DO Program is the best thing that has happened to me since I was diagnosed with MS 30 years ago.”*

-Donna R., Oregon

*“Having the opportunity to hear speakers who are experts in the field and being able to personally get feedback on my fitness was certainly a unique experience for my husband and me. This was the first time I have had such a comprehensive assessment and it was accompanied by the development of a plan which I have already started working on.”*

-Barbara C., Washington

*“I have learned more about my physical abilities and my hopes for a better future are up.”*

-Ana C., California

*“When I was diagnosed with MS, there was only one phone call to make-to Can Do MS.”*

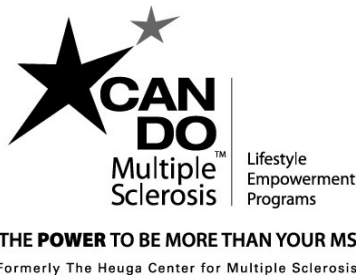
-Lorraine E., Michigan

*“Thanks and kudos to Jimmie Heuga, and the Can Do MS staff and everyone involved in putting these unique and extraordinary programs together. Though I’ve done much reading and research regarding MS, this could never compare to the individual attention and personalized program and exercise data I can take home with me. [They’ve] covered all areas of MS difficulties with caring experts from different fields and have presented the most thorough educational program on MS that I know of.”*

-Barbara B., Massachusetts

*“This was great! I learned more in a week than in the last ten years and I am prepared to regroup and get at it. Thanks.”*

-Sue K., Colorado



## Program Staff Testimonials

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*“The influence of the CAN DO Program was so gratifying that it motivated me to start an assessment clinic here at the University of Delaware that mimics the CAN DO programs. This is without a doubt the best possible circumstance in which healthcare can be offered. Those with MS who have attended a program have overwhelmingly reported their total satisfaction in all aspects of the program. I am honored to be a member of the program staff and will remain a part of this outstanding program for as long as possible.”*

-Ken Seaman, PT, 18 years in the MS field, 18 years with Can Do MS

*“The experience provided by the Can Do MS’ programs is unique, in that they provide each individual with a customized, inter-disciplinary, approach to managing their illness that is not available elsewhere. It addresses the needs of caregivers and family. The single most important benefit of a CAN DO program, is that it literally empowers people with MS to take charge of their disease through action and education. In my ten years of being a CAN DO staff member, I have never seen a participant who didn’t get something out of the programs that significantly impacted their function and quality of life.”*

-Barbara S. Giesser, MD, Neurology; 26 years in the MS field, 14 years with Can Do MS

*“The Can Do MS programs are the most comprehensive, most motivational programs I’ve ever worked with. Participants are provided with a complete package of assessments and recommendations.”*

-Dave Engstrom, PhD, Psychologist, 26 years in the MS field, 19 years with Can Do MS

*“It is a real shot in the arm for me every time I come to a program. I learn a lot from my colleagues and I enjoy seeing so many participants and support partners feel understood, accepted, and applauded by all the people around them. It has been years since I have been a part of such a comprehensive, family approach to MS care. I feel energized and excited and am continuously astounded by the commitment, professionalism, warmth, and good humor.”*

-Rosalind Kalb, PhD, Psychologist, 28 years in the MS field, 6 years with Can Do MS

*“As a physical therapist, being able to connect with a few people on a very real level and working with them to problem solve the issues in their life from a physical standpoint, is very satisfying. As a person with MS, the can do attitude of the program is affirming because there is much we can do, and it is up to us to do it.”*

- Diane Madras, PT, 22 years in the MS field, 8 years with Can Do MS