

# Veterans Affairs Multiple Sclerosis Centers of Excellence

## e-Newsletter for Veterans

Our quarterly *MS Veteran* electronic newsletter covers a variety of topics important to Veterans living their best lives with multiple sclerosis. Subscribe to the electronic newsletter to learn about

- Veterans living well with MS,
- VA research,
- symptom management,
- complementary and alternative therapies,
- disease modifying therapies,
- healthy living and whole health,
- rehabilitation services, and
- VA benefits and resources.



To receive this important newsletter please follow the directions below.

1. Go to **[www.va.gov/MS](http://www.va.gov/MS)**.
2. In the navigation pane on the left side of the home page screen, click on the grey box that text that says “**Sign up for Veteran Newsletter!**”.
3. Once on the new webpage, click on the blue text “**Subscribe**” and enter your e-mail address when prompted.
4. Click on the button that says “**Submit**”.

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