
Monthly Newsletter

August 2025



Hello **ms life** community!

This August, **ms life** proudly hosted our first-ever in person event at Pickleball America in Stamford. The afternoon brought together our community, friends, and supporters for a day centered around connection, awareness, and active living. 🏓🌳

The turnout was incredible, and the energy on the courts was contagious. Players of all skill levels participated - some picked up a paddle for the very first time, while others showcased their love and experience for the game. Regardless of ability, everyone came together with the same purpose: to support **ms life**, raise awareness for multiple sclerosis, and share an afternoon of laughter, camaraderie, and activity.

Adding to the excitement, attendees had the chance to win raffle prizes generously donated for the event. The cheers and smiles as winners collected their prizes made the day even more memorable. And of course, no community gathering would be complete without food and celebration - guests enjoyed pizza, refreshments, and the chance to unwind together after an active afternoon on the courts.



The Importance of Active Living

Active living is one of the three core pillars of **ms life**, alongside community and education. It's not only important to our mission, but also to our community. For people living with MS, staying active looks different for everyone, but movement - whether through structured exercise, recreational sports, or simply engaging in enjoyable activities - can make a meaningful difference in both physical and emotional well-being.

Exercise and movement can help improve balance, strength, flexibility, and energy levels, while also reducing



stress and boosting one's mood. Just as importantly, being active encourages a sense of independence and self-confidence that MS can sometimes challenge. Active living isn't about pushing physical limits - it's about finding ways to keep the body moving and the mind engaged, in whatever way feels right for each individual.

Our pickleball event was more than just a fun afternoon; it was a demonstration of this pillar in action. It highlighted the fact that MS does not define or limit our ability to move, connect, and thrive. By creating opportunities for our community to stay active together, we strengthen not only our bodies but also our resilience, confidence, and sense of belonging.



ms life

Sign up today and be a part of the
ms life community

www.ms lifecommunity.com

At **ms life**, we believe that each step, stretch, swing, or movement - no matter how small - is a celebration of what's possible. By continuing to create spaces where people can come together in movement, we reaffirm that MS is just one part of life, not the definition of it.

What's Next? We Want to Hear From You!

As we build on the success of this first event, we want your input. What type of event should **ms life** host next? Another pickleball day? A 5k? Or something completely new? Your feedback will guide us as we continue to create programs that reflect the needs and interests of our community.

Support ms life: Donate, Sponsor, or Get Involved

Events like Pickleball are only possible thanks to the generosity and partnership of our community. **ms life** is proud to create these opportunities, and every contribution helps us expand our impact and continue offering meaningful programs.

Support can take many forms:

- Event sponsorships
- In-kind contributions (such as raffle prizes or services)
- Optional financial support via Venmo or PayPal

Details for contributions are available on our Instagram or at the **ms life** website.

Every form of support - whether through sponsorship, in-kind donations, or participation helps us create spaces where people with MS can connect, stay active, and learn together.

Together, through active living, community, and education, we're building a future where no one faces MS alone.

The ms life community



Important ms life links

Website

www.ms lifecommunity.com

Instagram

Connect with us here: [@mslifecommunity](https://www.instagram.com/mslifecommunity)

Email

mslifecommunity@gmail.com

Community Shop

<https://www.ms lifecommunity.com/shop>

