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# Monthly Newsletter

July 2025



Hello **ms life** community!

Happy Fourth of July!

Whether you're watching fireworks, spending time with family, or taking the weekend to rest, we hope you're soaking up this moment of freedom - whatever that looks like for you.

This month is about celebrating progress as a community. Sometimes those wins are loud and visible. Sometimes they're quiet and internal. Either way, they matter. And this month, we've got some exciting ones to share.

## **We Hit 1,000 Instagram Followers!**

This milestone means so much to us - not just for the number itself, but for what it represents. A growing, engaged community of people affected by MS who are supporting, learning from, and lifting each other up. Every comment, like, DM, and story share helps us create a space where connection and empowerment thrive.

Not following us yet? Join the conversation here: [@mslifecommunity](https://www.instagram.com/mslifecommunity)

## **MS Life Pickleball Event**

August 10<sup>th</sup>, Stamford, CT. 1-3PM ET.

We're thrilled to announce our first ever ms life Pickleball event! It's going to be held in Stamford, CT on August 10<sup>th</sup> at Pickleball America, and it's open to all - whether you live with MS, love someone who does, or just want to support the cause.

This is an inclusive, fun, and community-driven event and we can't wait to see you all there.

[Sign up here](#) - Tickets are \$40

Want to help out or sponsor? Please email [mslifecommunity@gmail.com](mailto:mslifecommunity@gmail.com).

**Staying active** doesn't have to mean intense workouts or long hours at the gym. In fact, some of the most beneficial forms of movement for MS are low-impact, adaptable, and easily woven into your day. This summer, give yourself permission to redefine what movement means for you.

Here are some approachable, MS-friendly ways to keep moving:

- Stretch for 5-10 minutes when you wake up – It boosts circulation, reduces stiffness, and gently activates your nervous system.
- Go for a walk before 10am or after 7pm – Cooler temps make it easier on the body, and a quick walk can improve both mood and energy.
- Try chair yoga or water aerobics – Both reduce strain on the joints and can help with balance, flexibility, and core strength.
- Break up movement into "mini sessions" – Instead of one long workout, try 3-4 short bursts of activity throughout the day.

Remember: rest is part of an active lifestyle too. Movement with MS isn't about consistency in the traditional sense - it's about showing up when and how you can, and celebrating every time you do.

As we get ready for our first ms life pickleball event, we're reminded that movement can be fun, social, and empowering - especially when you're surrounded by people who get it.

However you choose to move this month, know that we're cheering you on every step of the way.

The ms life Community



## **The ms life Community Shop**

Check out the Community Shop here:

<https://www.mslifecommunity.com/shop>



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

[www.mslifecommunity.com](https://www.mslifecommunity.com)

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