



Corinne Goldsmith
Dickinson Center for
Multiple Sclerosis

MS Interactions
News from the CGD Center



How the C. Olsten Wellness Program Empowers MS Patients

Living with multiple sclerosis (MS) means navigating a complex journey of treatments, tests, and life changes. At The Corinne Goldsmith Dickinson Center for Multiple Sclerosis, the C. Olsten Wellness Program is rethinking how patients manage their health.

Led by Ilana Katz Sand, MD, the program integrates personalized strategies for exercise, nutrition, mental health, and more—empowering patients to take ownership of their well-being. With more than 500 participants since its launch in 2020, it's the first program of its kind at a comprehensive MS care center in the United States.

From one-on-one coaching to a unique cookbook, the Wellness Program is designed to improve quality of life and long-term health for MS patients.

[Learn More](#)



Join us to support the
23rd Annual MS Center Celebration

An Unforgettable Evening of Magic, Purpose, and Impact

Join us on Thursday, March 6, at the Metropolitan Club. Enjoy a magical performance by David Gerard while supporting innovative MS care, research, and education.

[Reserve Your Spot Today.](#)

Celebrating Excellence in MS Care

Congratulations to Fred Lublin, MD, and Stephen Krieger, MD, for receiving the 2024 Cullman Family Award for Excellence in Physician Communication. This honor underscores their dedication to compassionate, top-tier care.

[Learn More](#)



Breaking Barriers in MS Care

Watch Sergio Colon and Ilana Katz Sand, MD, discuss overcoming challenges in diagnosing and treating MS in underrepresented communities.

[Watch Sergio's Story.](#)

WE FIND A WAY



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