

# Patient impact and education: Healthy living for people with MS, Spain

## ■ Inspiration

- In 2020, *Esclerosis Múltiple España* launched their patient web site <http://emforma.esclerosismultiple.com/>
- Focused on physical activity and healthy living

## ■ Communication

- Several new items based on MS Brain Health included on [www.esclerosismultiple.com](http://www.esclerosismultiple.com)

## ■ Networking

- MS Brain health report distributed to over 100 professionals working in MS in Spain



>100

people received MS Brain Health report in 2017, including professionals in MS care and rehabilitation working in MS associations and foundations