

Appendix G: Kickoff Flyer



THRIVE AND RISE ABOVE MS

EMPOWERING AFRICAN AMERICANS THROUGH MS AWARENESS AND WELLNESS

KICKOFF WELLNESS EVENT

SATURDAY, April 18TH, 2026
11:00 AM - 3:00 PM
MT. PISGAH BAPTIST CHURCH
801 W MARKET ST, BLOOMINGTON, IL 61701



Our Mission

Thrive and Rise Above MS is a culturally tailored initiative uplifting African Americans with MS through education, empowerment, and community healing.

Explore our Wellness Pillars

- MS Awareness & Education:
 - Learn about MS symptoms, treatment, and lifestyle strategies tailored for African America.
- Holistic Health Workshops:
 - Engage in sessions on adaptive fitness, anti-inflammatory diets, and emotional wellness.
- Support Circles & Mental Health Care
 - Peer-led groups to reduce isolation, plus resources for navigating MS and mental health stigma.

Event Highlights

Mental Health Support

Nutrition Education

Adaptive Fitness

Peer Support Group

MS Awareness & Advocacy

STAY CONNECTED

Website:
www.ThriveAboveMS.org
Email:
thrive@communitywellness.org
Call: 1-800-555-Thrive
Hashtag: #ThriveWithMS
Social Media: @ThriveWithMS