

# Squaw to dedicate day to MS empowerment

Vertical Express for Can Do Multiple Sclerosis, the only national event series that combines skiing and fundraising to empower people with MS, will hit the slopes of Squaw Valley on Feb. 27.

Vertical Express for Can Do MS features on-mountain and après activities for people of all ages and ability levels. Individuals may register for \$25 **online**. While fundraising is not required to participate in the event, attendees are encouraged to raise funds to earn VIP status, as well as a variety of prizes.

In addition to the on-mountain activities, an adaptive ski experience at the Squaw Valley event will enable 10 people with MS and their support partners to build self-esteem and confidence, improve their fitness levels and join their family and friends on the slopes.

Can Do MS honors the legacy and beliefs of founder and Olympic ski racing medalist Jimmie Heuga, a pioneer in the MS care management field, who was diagnosed with MS at the height of his skiing career and later went on to revolutionize the way MS is managed today.

Go **online** for list of that day's events.