

BeeWellWithMS

**Clear MS
information.
Real conversations.
Practical wellbeing.**

Podcasts, easy explainers, guided meditations and new perspectives on living with MS.



Dr Agne Straukiene

Neurologist - Founder & Host



**Scan to listen, read,
watch and follow.**

beewellwithms.com

Choose what you need today

LISTEN

Conversations that make MS feel less complicated

Hear from MS specialists, researchers, healthcare professionals, community organisations and people with lived experience.

UNDERSTAND

Easy explanations without unnecessary jargon

Explore accessible information about symptoms, research, brain health, treatments and everyday self-management.

PAUSE

Guided moments for difficult or uncertain days

Try gentle guided meditations and reflective audio when you would like a moment to slow down and reconnect.

FREE BEEWELLWITHMS CATALOGUES

Assistive Technology Catalogue

Explore practical tools that may support everyday living.



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Living Well with MS Reflective Catalogue

Reflection prompts for wellbeing and everyday life with MS.



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