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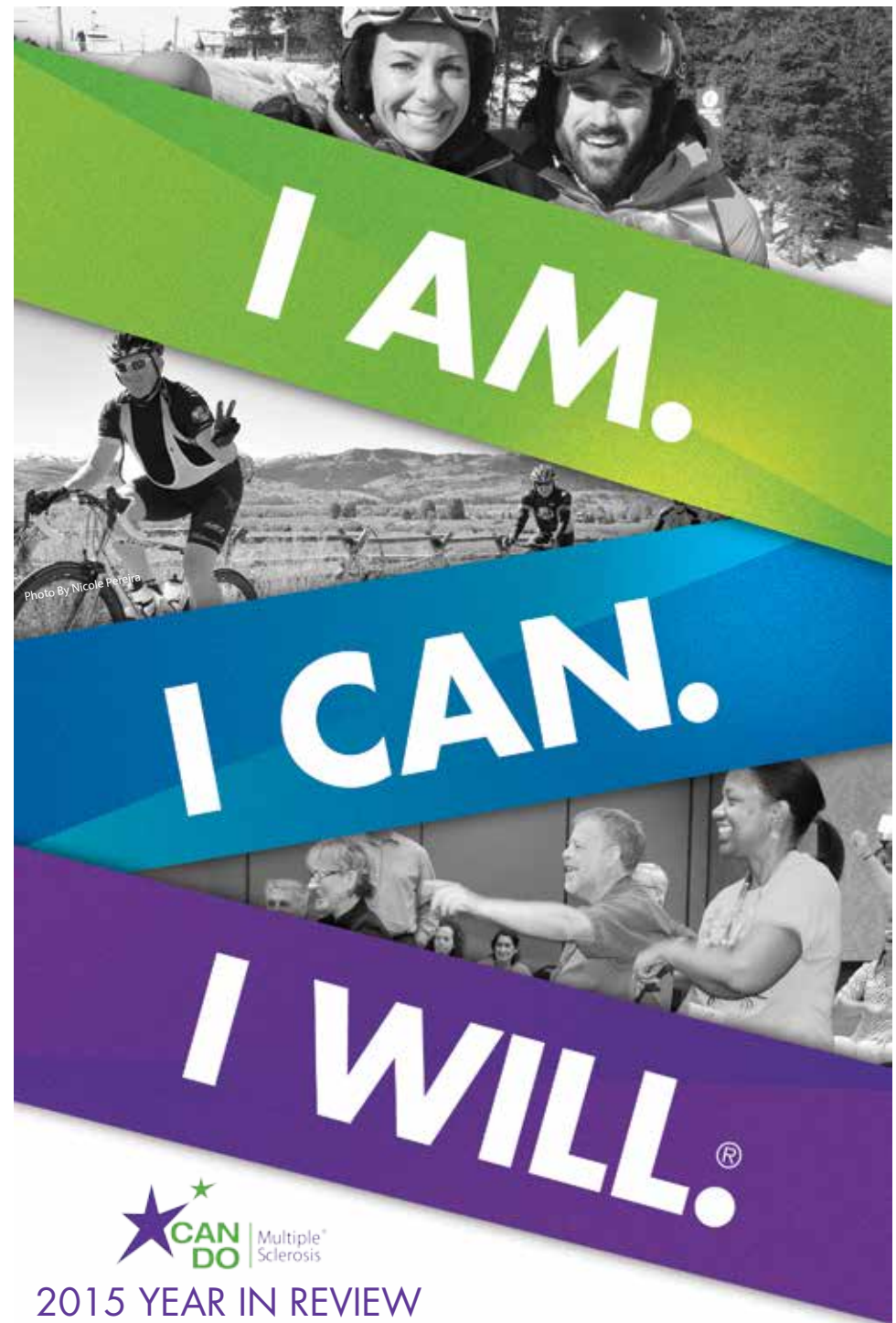
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Brian Thompson



A national nonprofit organization based in Avon, Colo., Can Do MS transforms the lives of people with MS by delivering educational programs on exercise, nutrition, and symptom management to inspire long-lasting change.

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2015 YEAR IN REVIEW  
*Highlights*



## DEAR CAN DO MS COMMUNITY MEMBERS,

Thank you for your continued support of people with MS and our work. The commitment of our board, expert program consultants, donors and staff fuels our mission delivery. Can Do MS transforms lives by delivering in-depth programs on exercise, nutrition, symptom management, and motivation across the country each year.

Our impact is tremendous and growing. Last year, 14,949 people with MS and their families participated in more than 20 in-person and online programs. In just two short years, the organization doubled its program impact, with \$1.7 million in revenue representing a 10% increase over 2014. The newest members of the *can do* family are thriving.

*"I was nervous and scared to exercise due to balance and coordination issues with MS. After my Can Do MS program, I have confidence to do more. I have overcome embarrassment, I now ride a tricycle on family bike outings 2-3 times per week, and I feel normal."*

- Arwen, 2015 Program Alumna

Arwen's story and the compelling stories of all our program participants are the voices and living legacy of our founder, Olympian Jimmie Heuga. His vision of personal strength through exercise and medical treatment for people with MS continues to inspire our entire community. Jimmie blazed the trail, showing us all that exercise and a strong, positive attitude can change the way we live and how we contribute to the greater good.

The bright light of our future lies in strategic partnerships, working collaboratively with MS centers, hospitals, and other national nonprofit advocacy organizations to deliver more programs to more people with MS who want life-changing experiences that dramatically improve personal health.

2016 is already proving to be a pivotal year for growth of the organization. Strategic partnerships with the National MS Society and MS centers across the country have allowed us to reach more people with MS through the Webinar and Telelearning Series as well as the new JUMPSTART® Program for young professionals.

You have our thanks for your leadership and dedication to our community. Together, we can enable every person with MS to grow stronger and healthier.

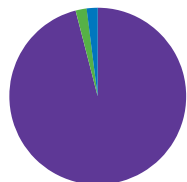
Warmly,

Lisa Mattis  
CEO

Robin and Richard Kelly  
2015 CO-CHAIRS, BOARD OF DIRECTORS

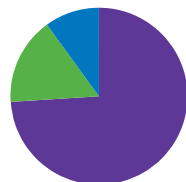
## FINANCIALS

TOTAL SUPPORT AND REVENUE = \$1,705,898



### REVENUE TYPE

- PUBLIC SUPPORT  
\$1,626,370
- PROGRAM SERVICE REVENUE  
\$39,830
- OTHER  
\$39,698



### EXPENSE BY FUNCTION

- PROGRAM SERVICES  
\$1,094,269
- FUNDRAISING  
\$244,374
- ADMINISTRATION  
\$155,998

## 2015 KEY NUMBERS

14,949

LIVES IMPACTED



22

PROGRAMS PROVIDED AT NO COST

\$146,950

RAISED AT OUR ANNUAL AUTUMN BENEFIT IN NYC



5 MOUNTAINS 1 CAUSE

\$194,545

RAISED AT OUR VERTICAL EXPRESS ON-SNOW FUNDRAISING EVENTS



\$231,476

RAISED AT MS GLOBAL, A CHARITABLE BICYCLING TOUR HOSTED BY FORMER PRO CYCLIST TYLER HAMILTON AND HIS DAD BILL HAMILTON



## PROGRAM HIGHLIGHTS

With an interdisciplinary team of MS experts, our educational programs teach participants how to take control of as many aspects of their lives and their health as possible by focusing on what they *can do*.

- **22 educational programs** on exercise, nutrition, and symptom management provided at no cost.
- **14,949 lives** impacted in 2015 through our in-person programs and online resources.
- **10 cities** throughout the US hosted programs allowing us to extend our reach.
- **30 countries** reached through our webinar series.

## EVENT HIGHLIGHTS

2015 was a spectacular year for events to raise money and awareness for Can Do MS. Friends and supporters throughout the country hosted and attended a variety of Can Do MS events to help send more people with MS to our programs.

- **Vertical Express**  
The only national event series that combines skiing and fundraising to empower people with MS. Hosted at five mountains, we raised \$194,545.
- **Autumn Benefit - NYC**  
In October, guests gathered for an evening of elegance with 2015 Can Do Award recipient, dancer and actress Courtney Galiano at the Metropolitan Club. We raised \$146,950 with the support of our sponsors and friends.

To read the full 2015 Annual Report visit,  
[www.mscondo.org/annualreport](http://www.mscondo.org/annualreport)