

COMMUNITY RESOURCE CONNECTIONS

MS

General

- **National Multiple Sclerosis Society**
 - MS Navigator Helpline at 1-800-344-4867
 - Website: <https://www.nationalmssociety.org/>

Non-Emergency Transportation

- **Medical Transportation Management, Inc. (MTM)**
 - Phone Number: 866-467-1724 or 651-645-9254
 - Website: <https://www.mtm-inc.net/minnesota/>
- **A Plus transportation**
 - Phone Number: (763) 512-0000
 - Email: EmailCCS@Aplus-mn.com
 - Website: <https://applus-mn.com/>

Private Pay Home Care & Services

- **Dignified Choice Care**
 - Phone Number: 952-392-8868
 - Email: info@dignifiedchoicecare.com
 - Website: <https://dignifiedchoicecare.com/>

Nutrition

- **National Multiple Sclerosis Society**
 - Website: <https://www.nationalmssociety.org/Living-Well-With-MS/Diet-Exercise-Healthy-Behaviors/Diet-Nutrition>
- **Multiple Sclerosis Trust**
 - Website: <https://mstrust.org.uk/information-support/diet-ms/healthy-eating>