Title: More Proactive, Less Reactive
Topics: Nutrition, Voice Banking, Stretching, Mindfulness, Energy Management

Title: ALS in the Age of Technology
Topics: Durable Medical Equipment, Eye-Tracking Devices, Speech Generating Devices, Smart Devices & Apps, Updates on Developing Technologies

Title: Ins and Outs of the Healthcare System
Topics: Social Security Disability, Medicare & Medicaid, Taxes, Retirement Benefits, Veterans Benefits

Title: That's FALSE!
Topics: Myths and Facts about Age, Genetics, Diets, Brain Function, Exercise

Title: VIP (Very Important Paperwork) - FOR ALL
Topics: Power of Attorney, DNR Form, Advance Directives, Five Wishes, Living Will

Title: Medical Care with a Dash of Research
Topics: Importance of Multidisciplinary Care, Specialists & Their Roles, ALS Centers in Florida, Research in Florida, ALS National Registry

*People with ALS and their families can join the series at any time, and the topics do not go in any particular order.*