

HERE IS YOUR

Life Hack Pack

Postcards to make
every day with MS
a little easier

MS *Life
Hacks*



The little things in life can sometimes be the most challenging. Which is why we love life hacks – tips, tricks and creative ways to make everyday tasks simpler.

Simple ideas like putting a rubber band around the lid to help open a tightly sealed jar, or quirky ones like putting tea bags in your shoes to remove the smell.

This MS Life Hack Pack contains three of the best, turned into postcards for you to share with your families and friends.





The three postcards in this pack are part of a larger series of 365 MS Life Hacks from **livinglikeyou.com** – where you'll find more clever, inspiring and informative ideas that really do work (try the rubber band!), but also a whole lot more to help every day with MS be a little brighter and easier.



This website is a wonderful resource, created by Novartis Pharma AG for the global MS community. It's designed to encourage people from all around the world to share their stories, support each other, and discover new ways to take a proactive, positive approach to managing MS.

Thanks for your support.



→ MS *Life Hacks*

Check out more
MS Life Hacks at
livinglikeyou.com

 NOVARTIS

