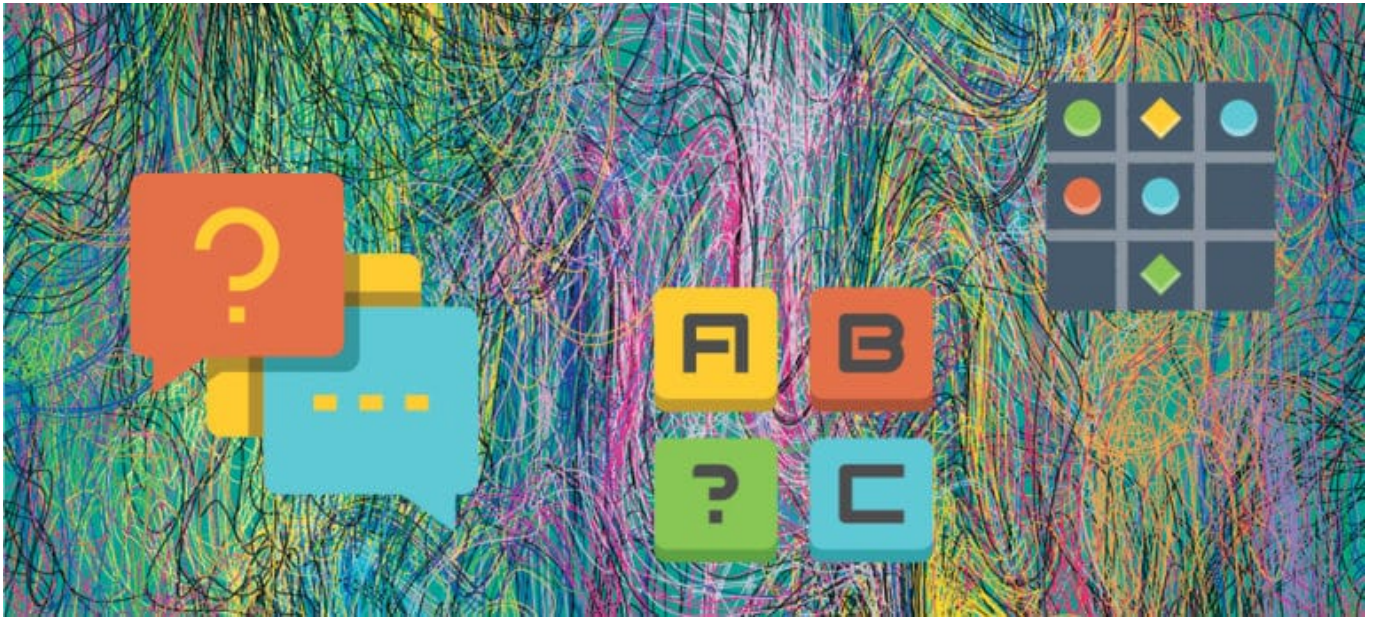


Careful with your words



Give this word game a try and see if you can beat Momentum's editor's score!

Word games are a great pastime. They can help relieve stress, expand vocabulary, improve brain functions like concentration and problem-solving—and provide a fun competition.

Momentum editor Jane Hoback completed this Boggle-style game and found eight words in 90 seconds. Try to beat her record and tag us on Facebook [@NationalMSSociety](#) and let us know how many words you found.



How to play:

1. Grab a pen and paper. Then, set a timer for 90 seconds.

2. Find as many different words as you can, writing them down as you go. Words are formed from letters that adjoin in sequence horizontally, vertically or diagonally in any direction.
3. When time is up, count how many words you found.

Rules to keep in mind:

1. □No letter may be used more than once within a single word.
2. □Words must be at least three letters long.
3. □Proper nouns and abbreviations are not allowed.