EXERCISE AND MS: AN INTEGRATED APPROACH TO FITNESS

Classes start Monday, June 7, 2021 from 1-3 pm
Marilyn Hilton MS Achievement Center at UCLA

This 12-week program is specially designed for those who easily walk a minimum of 25 feet with or without a cane or walker. Learn how to use exercise to improve your overall wellness and help manage your MS symptoms from an MS exercise specialist and other professionals with the Marilyn Hilton MS Achievement Center at UCLA. Exercise and MS will help you:

• Understand how exercise can positively impact the effects of MS
• Learn how to overcome obstacles to exercising
• Practice exercises in three key areas: Balance & Body Awareness, Functional Fitness, and Relaxation & Flexibility
• Create an action plan to reach personal goals

Contact Ashley R. Smith, MPH, ACSM-CPT at: Arsmith@mednet.ucla.edu or 310-267-4071 for an application or details