This 12 week program is specially designed for those who easily walk a minimum of 25 feet with or without a cane or walker. Exercise helps improve overall wellness, and it can also be helpful in managing MS symptoms.

**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 3 key areas: Balance and Body Awareness, Functional Fitness and Relaxation & Flexibility
- Create an action plan to reach personal goals

**Classes run June - August**

Application and Medical Clearance required. Registration required. Space is limited.

To learn more about this program and determine if it is right for you contact:

**Kara Deliman**

Marilyn Hilton, MS Achievement Center at UCLA

(310) 267-4071 or KDeliman@mednet.ucla.edu