



EXERCISE AND MS

An integrated approach to fitness



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

Program Cost:

We are committed to making 'Exercise and MS' accessible to as many individuals with MS as possible. To cover operational expenses and ensure the highest level of service, there is a nominal program fee of \$60 for the entire 12-week duration. We believe this investment in your well-being will yield invaluable benefits in the long run.

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:

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