

Multiple Sclerosis Exercise Class



Who is it for?

These online classes are aimed at people living with MS and wanting to maintain or improve their strength, fitness, balance, mobility and confidence.

When and where?

- Thursdays 11am – 12pm
- Online via Zoom

How to join - all information, including the link to the health questionnaire and booking form is on our website

- Complete the health questionnaire ***before your first session only.***
- Reserve your place in the session using the booking form. You will be sent a confirmation email, so if you don't see one, check your Spam/Junk folder.
- We will use 2 pieces of equipment during the classes. Resistance bands and a ball.
- Get stuck in with the others and enjoy!

Cost

These sessions are generously funded by MS Society Bradford & District and MS Society Skipton & Craven, so thank you for making these FREE for you to join!

Full details on our website <https://eatmovebehappy.com/getmoving/msexercise/>

Contact Anna at Eat, Move, Be Happy 07813 703585