



CBRC Health & Fitness

MULTIPLE SCLEROSIS

The challenges of Multiple Sclerosis (MS) are real. Becoming and staying active can be challenging. The focus of this program is to reduce various symptoms of MS including fatigue and depression while simultaneously improving strength, balance, walking/gait, cognitive performance, and quality of life. Each session will focus on the individuals needs that are specific to that day.

Multiple Sclerosis participants meet with our exercise professionals twice a week for 30-minute sessions, and this program is available in 3, 6, or 12-month programs. Cost: \$36-\$43 per session depending on program length.

CBRC Health & Fitness Exercise Professionals believe in Movement Health and Movement Function. Get started today!

CONTACT US

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