

MULTIPLE SCLEROSIS EXERCISE CLASS

DAY HELD: 2x/week (Currently Tuesdays and Thursdays)
It is currently a year round program

TIME: 12:00-1:00 pm

PLACE: Old Saybrook Therapeutic Fitness Center (suite 102)

SUMMARY: L&M staff (exercise physiologist and fitness instructor) will provide a forum to help participants improve their strength, conditioning, and functional mobility. The participants must be able to independently participate in the exercise program or bring a caregiver to assist with personal needs.

RX OR REFERRAL NEEDED

- Yes, MD consent form.
- 30-minute evaluation by the exercise physiologist is REQUIRED before you can start.

CONTACT PERSON: Arthur Sculco, Exercise Physiologist

E-MAIL: asculco@lmhosp.org

PHONE: 1-860-388-5881

COST/CHARGE TO PARTICIPANT: \$75 per 2 months (thanks to a generous grant from the LAMBS)