



Many Steps Toward Hope

MANY STEPS FITNESS FRIENDS

Join us in our monthly fitness program designed for the MS community. Our focus is to stay active and we encourage support partners too!

In each session you to move in a 45 minute fitness activity, then enjoy sharing a free lunch with the group.

- Saturday January 18, 2020

New Year Dance Party 2020! Bring your party hat, beads and noisemakers!

By: Nancy Dollenmeyer, MPT, MSCS

Experienced MS physical therapist, Nancy will get your body bursting with energy and laughter as we try some dance moves!

- Saturday February 8, 2020

Circuit in a Circle (seating/standing)

By: Laura Lebedun, certified personal trainer

This class will workout every major muscle group! You will be working at your own pace, but with the energy of the group to support each other!

presented by



Space is limited: Register
Today

msbrightspotsofhope.org

Doors open 11:00am

Program Time:

11:15am-1:30pm

*Center of Clayton
50 Gay Avenue*