



# New Exercise!

## Join us for a new exercise class

If you are affected by MS, come join us for a new exercise class every other Wednesday morning at Boldmere Methodist Church. This will be run by our lovely instructor Nora, suitable for any type of MS, including seated stretching and strengthening exercise. We do ask for a suggested £2 donation per session. For more information and to register your interest, please see the contact details below.

We're the MS Society. Our community is here for you through the highs, lows and everything in between. We understand what life's like with MS. Together, we are strong enough to stop MS.



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