

John A. Schafer, MD  
**Multiple Sclerosis  
Achievement Center**



# DANCE AND MS

Alexander Ng, PhD, FACSM, is a Professor in the Program in Exercise Science, Department of Physical Therapy at Marquette University, and a Fellow of the American College of Sports Medicine. He received his doctorate at the University of Wisconsin- Madison followed by postdoctoral fellowships, one in mechanisms of symptomatic and muscle fatigue in persons with MS at the University of California San Francisco, after which he found his way to Marquette University. Most recently he has begun to move outside his laboratory into the community to investigate and promote the benefits of recreational physical activity, including partnered social dance, for persons with MS. His studies on partnered ballroom or social dance for persons with MS demonstrated for the first time psychological, cognitive and physical benefits.

**Monday, August 21st, 2023**  
11:00am - 12:00pm PST

*Registration is required and a ZOOM link will be emailed to registrants.  
Space is limited.*

*Please register by **August 21st**.*



To register, contact: 916.453.7966 or  
[Lacey.Sayre@DignityHealth.org](mailto:Lacey.Sayre@DignityHealth.org)

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