



Dignity Health®

Multiple Sclerosis Achievement Center

MAKING SENSE OF MS RESEARCH: A FOCUS ON WELLNESS RESEARCH

Robert Motl is an internationally known researcher on the effects of exercise and physical activity for people with multiple sclerosis (MS). He has systematically developed a research agenda that focuses on physical activity and its measurement, predictors, consequences, and interventions in persons with neurological diseases, particularly MS. Motl has generated a body of research on the validity of common physical activity measures in persons with MS. This has resulted in foundational research on quantifying differences in physical activity, particularly rates of moderate-to-vigorous physical activity, in persons with MS. These two lines of research have provided the basis for examining the outcomes of physical activity in MS, particularly beneficial adaptations in brain structure, cognition, depression, fatigue, walking disability, and quality of life.

Monday, May 15th, 2023

1:00pm - 2:00pm PST

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

*Please register by **May 8th**.*



To register, contact: 916.453.7966 or
Lacey.Sayre@DignityHealth.org

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