



## Multiple Sclerosis Achievement Center

# Providing wellness for people living with MS



“ The program has helped me immensely and I wish everyone with MS would be able to attend and be informed of this gem. ”

## Multiple Sclerosis Achievement Center

The Multiple Sclerosis Achievement Center (MSAC), a program of Dignity Health Neurological Institute, is designed to enhance physical, cognitive and emotional wellness for people living with multiple sclerosis (MS). The MSAC, made possible through a grant from the Conrad N. Hilton Foundation, conducts day wellness programs which provide tools and strategies to improve health and wellness.

In addition to our day-wellness programs, we provide outreach wellness education and programs for people living with MS. These include caregiver support groups, Yoga, Pilates, music therapy and wellness education seminars throughout Northern California.

All programs are available to anyone who has been diagnosed with MS regardless of where they receive medical care.



“ The Achievement Center is a highlight of my week, every week. ”



“The Achievement Center is such a special, hope-filled place for me and so many others. I feel so lucky!”

## Our Signature Programs

### Empowered to Achieve

- 5 hours of activity one day per week
- Individual and group exercise
- Cognitive stimulation
- Recreation
- Education and social support
- Program times are 10 am – 3 pm

### Achieving Wellness

- 2 1/2 hours of activity one day per week
- Individual and group exercise
- Cognitive stimulation
- Recreation
- Education and social support
- Program times are 11 am – 1:30 pm



# What to Expect

## Physical Wellness Activities

- Individualized exercise to address strength, endurance, flexibility and balance
- Group exercise includes Yoga, Pilates, Zumba

## Cognitive Wellness Activities

- Brain training activities through use of iPad applications and written formats

## Education

- Nutrition
- Disease and symptom management
- Health and wellness
- Group discussions
- Community resources

## Social

- Games and activities
- Community outings
- Individual and group support

## Community Offerings

- Supporting Our Loved Ones support partner groups
- Book club
- Writing as Healing
- Interactive wellness education

## Outcomes

- A majority of participants increased their self-reported physical activity
- Participants reported improvements in cognitive function
- Overall improvement in reported impact of MS

## About Multiple Sclerosis

Multiple sclerosis (MS) affects about 400,000 people in the United States, most often appearing for the first time in young adults. MS can be difficult to diagnose because the symptoms may mimic those of many other diseases. These symptoms range in severity from mild to disabling and may include:

- Numbness
- Fatigue
- Difficulty walking
- Weakness
- Cognitive dysfunction
- Blurred vision
- Disturbance of bladder function

MS can also lead to:

- Loss of interest in regular activities
- Strained relationships with family and friends
- Lack of understanding by those who are not living with the disease
- Social isolation

While no cure has yet been discovered, treatment is available to reduce relapses.

If you are experiencing these symptoms, contact your doctor for further evaluation.



## About the Dignity Health Neurological Institute of Northern California

The Dignity Health Neurological Institute of Northern California provides comprehensive care and advanced treatment for neurological disorders. Its nationally recognized multiple sclerosis (MS) program comprises physicians and staff who support the diagnosis and treatment of MS. Its team of specialists include neurologists, radiologists, urologists, ophthalmologists, physical medicine and rehabilitative specialists, neuropsychologists, behavioral health specialists and specially trained MS nurses – all here to provide patients and loved ones with information, support and care to help deal with the challenges of MS. The MS Achievement Center is a program of the Dignity Health Neurological Institute.

For more information or  
to receive an application visit:

**[dignityhealth.org/msachievementcenter](https://dignityhealth.org/msachievementcenter)**

Call **916.453.7966**

**Multiple Sclerosis Achievement Center**

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