



The Multiple Sclerosis Achievement Center invites you to participate in a four week virtual educational program:

Exercise Series - Virtual

Join our group exercise series to participate and learn more about ways to be physically active with MS for the Woodland community. Exercises will be done in a seated position and focus on strength, flexibility, balance and endurance. No special equipment is required and each session will be 45 minutes followed by a discussion with a question and answer period on exercise principles.

Program: 1:00pm – 2:00pm

Mondays

September 14th

September 21st

September 28th

October 5th

Featured Speaker

Brian Hutchinson, PT, MSCS

Director

MS Achievement Center

\$25 fee for all four sessions, fee can be mailed to:

MS Achievement Center, Suite 108
7777 Greenback Lane
Citrus Heights, CA 95610

*Registration is required and a ZOOM link will be emailed to registrants. Space is limited. Please register by **September 7th**.*

**To register, please email Lacey Sayre
Lacey.Sayre@dignityhealth.org or call 916.453.7966**

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Multiple Sclerosis Achievement Center

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