



# An Exercise-based Rehabilitation Program



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## What?

- 12-week exercise-based rehabilitation program at no cost to you
- Program will be carried out either in a rehabilitation clinic or at home
- All needed equipment provided
- Compensation up to \$380!

## Where?

Outpatient rehabilitation clinics in Alabama, Mississippi, and Tennessee.

## Eligibility Criteria

- Diagnosed with multiple sclerosis
- 18–70 years old
- Willing to participate in a 12-week Yoga/Pilates exercise program

## Questions?

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