



An Exercise-based Rehabilitation Program



alaneuro.com/tanner-foundation/



lakeshore.org/research

This work is supported through a Patient-Centered Outcomes Research Institute (PCORI) Award (MS-1511-33653)

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?

Whitney Neal, Project Coordinator
Phone: **205-403-5511**

Tracy Tracy, Clinical Research Coordinator
Phone: **205-704-8248**

Study email: teamsstudy@uab.edu

Or register online at teamsstudy.org.