

# Working with MS Support Group

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Rockville Nursing Home, 303 Adclare Road, Rockville, MD 20850

April 09, 2017

## Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:10pm	<b>Myelin Exercise</b> “Walking is man’s best medicine.” Hippocrates “Fire it to wire it; use it or lose it.” Janet N Zadina Ph.D
4:00pm	Member Sharings & Support
5:00pm	Adjourn



### Handouts & “News You Can Use”:

Exercise Increases Brain Power in People with Multiple Sclerosis (James H. Rimmer, PhD) National Center on Health, Physical Activity and Disability (NCHPAD)  
<http://www.nchpad.org/554/2493/Exercise~Increases~Brain~Power~in~People~with~Multiple~Sclerosis>

39 Scientific Brain Benefits of Exercise -- The BrainFlux  
<http://thebrainflux.com/brain-benefits-of-exercise/>

How physical exercise makes your brain work better (Ben Martynoga, PhD)  
<https://www.theguardian.com/education/2016/jun/18/how-physical-exercise-makes-your-brain-work-better>

Why Is Physical Activity So Good for Your Brain? (Christopher Bergland) Psychology Today Sept. 22, 2014  
<https://www.psychologytoday.com/blog/the-athletes-way/201409/why-is-physical-activity-so-good-your-brain>

Regular exercise changes the brain to improve memory, thinking skills (Heidi Godman, BS) Harvard Health Letter Nov. 29, 2016  
<http://www.health.harvard.edu/blog/regular-exercise-changes-brain-improve-memory-thinking-skills-201404097110>

Tangible and Non-tangible Aspects of Exercise (Sue Kushner, PT, MS - Physical Therapist) Can Do MS Programs  
<https://www.msando.org/online-resources/can-do-library/tangible-and-non-tangible-aspects-of-exercise>

Register for the Can Do MS webinar “[Yoga and Non-Cardio Exercises: Your Allies in Managing MS Symptoms and Improving Overall Health](#)” (April 11th, 2017 @ 8:00pm - 9:15pm)

### Next/Upcoming Meetings:

May 14<sup>th</sup> – NO MEETING!

May 21<sup>st</sup> – Meeting **RESCHEDULED!** (As I will be on business travel the week before.)

June 11<sup>th</sup> – Meeting

July 09<sup>th</sup> – Meeting