

# Working with MS Support Group

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<https://sites.google.com/site/workingwithms/>

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

July 8, 2018

## Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:20pm	<b>MS and Exercise</b> <i>"Fire it to wire it; use it or lose it."</i> Janet N Zadina Ph.D
4:00pm	Member Sharing & Support
5:00pm	Adjourn

### Handouts & "News You Can Use":

Getting Started With Exercise (Carrie P., Biogen)

[https://www.abovems.com/en\\_us/home/life/fitness-exercise/getting-started.html](https://www.abovems.com/en_us/home/life/fitness-exercise/getting-started.html)

8 Steps to Better Walking With MS (Everyday Health)

<https://www.everydayhealth.com/multiple-sclerosis/treatment/steps-better-walking-with-ms/>

Strength Training for People with Multiple Sclerosis (Can Do MS)

<https://www.cando-ms.org/online-resources/can-do-library/strength-training-for-people-with-multiple-sclerosis>

Multiple sclerosis: Resistance Training May Reduce Brain Atrophy (H. Whiteman, 2017AUG01)

<https://www.google.com/amp/s/www.medicalnewstoday.com/articles/amp/318752>

How to Keep Bicycling with MS (R. Boyle Wheeler, 2016APR25)

<https://www.everydayhealth.com/multiple-sclerosis/living-with/how-keep-bicycling-with-ms>

The benefits of FES-cycling for people with multiple sclerosis (Myolyn)

<https://myolyn.com/index.php/myoblog/item/18-the-benefits-of-fes-cycling-for-people-with-multiple-sclerosis-ms>

Adaptive Bowling (assistivetech.net, 2013NOV08)

[http://atwiki.assistivetech.net/index.php/Adaptive\\_Bowling](http://atwiki.assistivetech.net/index.php/Adaptive_Bowling)

What Types of Physical Benefits Can Be Obtained From Bowling?

<https://healthyliving.azcentral.com/types-physical-benefits-can-obtained-bowling-3482.html>

Plan Your Outdoor Adventures With MS

<https://www.webmd.com/multiple-sclerosis/ss/slideshow-ms-outdoor-activities>

You Can...Swim Like a Fish (Pat Kennedy, RN, CNP, MSCN & Michele Harrison, PT)

<https://www.nationalmssociety.org/Resources-Support/Library-Education-Programs/You-CAN/Swim-Like-a-Fish>

Fore! Golf with MS (Acorda Therapeutics, Inc.)

<http://www.moveoverms.org/fore-gold-with-ms/>

#CMSC16 - Tai Chi Shown to Improve Balance and Strength in MS Patients (I. Martins, PhD, 2016JUN08)

<https://multiplesclerosisnewstoday.com/2016/06/08/cmssc16-rh05-benefit-tai-chi-balance-gait-people-multiple-sclerosis/>

Discover Potential Benefits of Yoga (Donna I., Biogen)

[https://www.abovems.com/en\\_us/home/life/fitness-exercise/discover-benefits-yoga.html?cid=PPC-GGLAM.DTC.AboveMS\\_DTC\\_Unbranded\\_ConditionManagement\\_Phrase.Phrase-NA-28844&gclid=CMCN9Na8g9wCFUfmswods30Awx&gclsrc=ds](https://www.abovems.com/en_us/home/life/fitness-exercise/discover-benefits-yoga.html?cid=PPC-GGLAM.DTC.AboveMS_DTC_Unbranded_ConditionManagement_Phrase.Phrase-NA-28844&gclid=CMCN9Na8g9wCFUfmswods30Awx&gclsrc=ds)

### Next/Upcoming Meetings:

August – NO MEETING – Take a break from the heat & have fun!

September 9<sup>th</sup> – Meeting

October 14<sup>th</sup> – Meeting