



Northern Health Regional MS Clinic

Online Exercise Videos and Classes

Brain Wellness Program (Vancouver)

Register and participate in online classes. Physiotherapy based.

<https://www.bcbrainwellness.ca>

Can Do MS Moves

Sign up for ongoing membership, classes

<https://www.cando-ms.org/multiple-sclerosis-programs/ms-moves>

Chair Fit with Nancy

YouTube Videos

<https://www.youtube.com/c/ChairFitwithNancy>

Exercise Videos MS UK

<https://mstrust.org.uk/life-ms/exercise/exercise-videos>

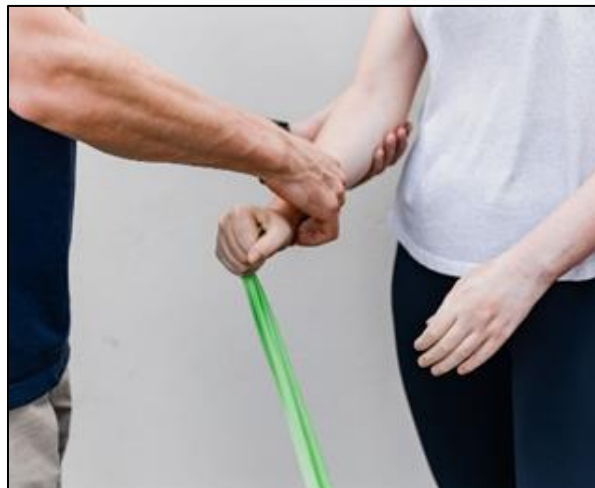


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MS Society (UK)

<https://www.mssociety.org.uk/care-and-support/everyday-living/staying-active/simple-exercises-for-ms>

MS Yoga

https://www.evergreenhealth.com/ms_yoga

MS Yoga

MS Society Chair Yoga

<https://mssociety.ca/events/1443/yoga-for-every-body-adapted-chair-yoga>

The MS Gym

Youtube, Podcasts, Website

www.thmsgym.com

Neurosask

Active and Connected is a virtual program tailored to people with neurological conditions, providing physiotherapy-guided movement, expert information on health and wellness.

<https://rehabscience.usask.ca/neurosask/>

Have questions or need more information from our team?

Please e-mail us: msclinic@northernhealth.ca

Or call: (250) 565-2304 (Option 1) to request a call back.