

## Accessible Physical Activity Programs

### TIME™ at Home

This program, developed by UHN Toronto Rehab, offers online exercise sessions designed to help you overcome balance and mobility challenges.

### Neurosask Active and Connected

In partnership with the University of Saskatchewan's College of Medicine, we offer this a virtual program for people with neurological conditions like MS.

### Gentle Yoga

Our virtual Gentle Yoga program is an accessible way to move your body within a comfortable range. These classes will include upper body movement, gentle mobility challenges and muscle stretches.

### SPIRIT Club

To make virtual wellness, exercises and fitness classes more accessible, we've teamed up with SPIRIT Club, an online gym. Classes can be done seated and include:

- Yoga
- Zumba
- Meditation
- Nutrition



To learn more about the different programs we offer, scan the code to visit our website.

## Hear From The Experts

This webinar series will help you better understand multiple sclerosis, share MS resources, plus provide tools and tips to navigate your MS journey with more knowledge and confidence.

### MS 101 Sessions

These sessions are open to people living with MS and members of their support network. We will provide introductory information about multiple sclerosis and share the support we offer people affected by MS.

# MS Canada



Help create a bright future for every Canadian facing MS by advocating, volunteering, fundraising and donating.

## MS Canada

## You deserve a bright future



@MSCanadaOfficial

@MSCanOfficial

[mscanada.ca](https://mscanada.ca)



## We help you thrive in your MS journey.

We bring together people living with MS, their families, friends, and caregivers to share common concerns and experiences in an informal and safe environment. Not only will you be supported by the MS community, but you can also get involved to help move research and advocacy forward so we ensure a bright future for everyone affected by MS.



### MS Canada wellness programs and support services

Our focus on research and advocacy gives us unique insight to not only create targeted support programs but understand what is most essential and valuable to our community.

#### MS Knowledge Network

This network is made up of MS Navigators located across Canada. Experienced in information services, our team can provide resources and support tailored to your unique needs.

Connect with an MS Navigator to ask any questions you may have about your MS journey:

- Live Chat online at [mscanada.ca](https://mscanada.ca)
- 1-844-859-6789
- [msnavigators@mscanada.ca](mailto:msnavigators@mscanada.ca)



#### Community Support

Our support groups bring together people living with MS, their families, friends and caregivers to share common concerns and experiences in an informal and safe environment.

- 1:1 Peer Support Program
- MS Support Groups
- Online Social Community: We Talk MS

### Quality of Life Program

Quality of Life Grants can provide those who are eligible with financial assistance to purchase mobility equipment, safety devices and more.

Find out more:

- [msnavigators@mscanada.ca](mailto:msnavigators@mscanada.ca)
- 1-844-859-6789

### CPP-D Application Support (CAS)\*

The Canada Pension Plan Disability benefit (CPP-D) can provide you with financial support if you're eligible. Our volunteers can guide you through parts of the application to better clarify the impact that multiple sclerosis or an allied disease has on your ability to work.

For support from CAS, contact our MS Navigators:

- 1-844-859-6789
- [msnavigators@mscanada.ca](mailto:msnavigators@mscanada.ca)

\*This program is only for non-Quebec residents.

