

## MULTIPLE SCLEROSIS EXERCISE RESEARCH STUDY

*RECRUITING 400 PEOPLE TO COMPARE  
HOME-BASED TO GYM-BASED EXERCISE PROGRAM*

### YOU MAY QUALIFY IF YOU:

- Are 18 to 65 years old
- Have multiple sclerosis
- Can walk but have some difficulty
- Do not exercise regularly
- Have not had a relapse in the past month
- Can commit to exercise 2 times a week for 16 weeks
- Can drive to study site
- Have reliable internet access

### COVID-19 SAFETY

Mask required during visit  
Symptom screening 24hrs before study visit  
Symptom screening on arrival to study site  
Extra in-lab cleaning procedures

### CONTACT INFO

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