

# fact sheet

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Shepherd Center

*The Eula C. & Andrew C. Carlos Multiple Sclerosis*

## WELLNESS PROGRAM

### WELLNESS PROGRAM

The MS Institute Rehabilitation and Wellness Program at Shepherd Center is a dedicated program for the rehabilitative treatment and wellness of patients diagnosed with multiple sclerosis and related conditions. We believe that rehabilitation and wellness provide tools patients need to take control of their MS, whether that is through restoring lost function, learning tools to adapt to your functional level or continuing to remain fit and healthy.

The MS Wellness Program is designed to assist individuals living with MS to learn to manage their health, improve day-to-day function, and gain strength in both a physical and psychosocial sense. Under the guidance of an exercise physiologist, this comprehensive program will teach participants exercises that are appropriate for their physical abilities and promote self-care. The program empowers patients to stay active and decrease the effects of deconditioning. Clients benefit from the MS-specific group fitness classes, including land and aquatic classes. Many people enjoy the fact that our pool is cooled on the days MS wellness classes meet, decreasing risk of heat-related symptoms. Educational classes are offered on a rolling schedule, providing access to information that is up-to-date and trustworthy. The wellness program has a focus on research, as well. Our MS research director will work closely with various groups, allowing you to be an active part in the change you want to see in the world of MS.

### TRAINING OUTINGS

- Outdoor/Indoor Trips Used to Train Clients on How to Better Navigate the Community

### EDUCATIONAL CLASSES

- Symptom Management
- Energy Conservation
- Exercise Guidelines
- Vocational Issues in MS
- Community Resources
- Research in MS
- Treatments on the Horizon
- Therapeutic Recreation and MS
- Nutrition

### EXERCISE CLASSES

- Core Strengthening
- Lower-Extremity Strengthening
- Cardio
- Yoga
- Aquatics
- Pilates
- Agility and Coordination

For information on joining the MS Wellness Program, please call our exercise physiologist at (404) 603-4916.