



University
of Regina

Faculty of
Kinesiology and
Health Studies

EXERCISE AND CENTRAL NERVOUS SYSTEM FUNCTION IN PEOPLE LIVING WITH MS

We are inviting adults living with multiple sclerosis (MS) to participate in a research study examining exercise effects on central nervous system function.

If you are eligible and decide to participate, you will complete a series of assessments and a 12-week (3x/week) exercise program.

If you are interested, please contact:

Sherrise Richards

**Faculty of Kinesiology and Health
Studies**

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