



MS online seated dance session*

Every Tuesday on Zoom from 2.15pm-3pm

Moderate intensity, chat and 30 minute movement session to music, designed to improve upper body strength, balance, mobility, core stability and overall fitness.

Dance to your favourite tracks, and **have fun with us**, from the comfort of your home!

Join live! You'll need a laptop/tablet/smartphone with access to an internet connection



*Please check with a health professional first to ensure that it is safe for you to participate.

Email Maz to book your place: sunshinemazd@hotmail.com



mssociety.org.uk

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