

# UF HEALTH MULTIPLE SCLEROSIS PROGRAM



## Exercise Group for Individuals with Multiple Sclerosis in the Gainesville Community

Every Tuesday  
9:30 – 10:30 a.m.  
Senior Rec Center  
5701 NW 34th Blvd.  
Gainesville, FL 32653

**All ages and functional abilities welcome.**

**Instructor: Rachel Bennett  
Swamp Fitness**

**For more information,  
call 352.273.5550, email  
[MS-Updates@neurology.ufl.edu](mailto:MS-Updates@neurology.ufl.edu)  
or visit [neurology@ufl.edu/MSprograms](http://neurology@ufl.edu/MSprograms).**

This program made  
possible by the  
Multiple Sclerosis  
Foundation



**UFHealth**  
NEUROMEDICINE

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