

Ask an MS Expert: Veterans Program

Topic:

Exercise and Adaptive Sports and Recreation

Date:

Tuesday, August 17, 2021

Time:

1-2 p.m. ET / 10-11 a.m. PT

To register or learn more visit:

nationalMSSociety.org/MSexpert



TRACEY, DIAGNOSED IN 2009

Research has shown that exercise and lifestyle physical activity are helpful in managing many MS symptoms.

Join us for a conversation with Dr. Benjamin Dons, a physical therapist and clinical specialist in neurology at the John Cochran VA in Saint Louis, MO. Learn about the impact exercise and lifestyle physical activity have on MS, how to overcome exercise challenges, and adaptive sports and recreation programs. Dr. Dons will also highlight services available to Veterans living with MS and how to connect to those services within the VA system.

About Ask an MS Expert: Veterans Program

The Ask an MS Expert: Veterans Program is a place to connect quarterly and learn more about topics impacting Veterans affected by MS.

Experts answer your questions and MS Navigators provide live resource support throughout each program. Ashley Lee, a Veteran living with MS and host of the Elite Warrior Project podcast, moderates the program.