



TE WĀNANGA ARONUI
O TĀMAKI MAKĀU RAU

Full Online Access to the MS Get a Head Start Programme



Get a Head Start

We are looking for people living with Multiple Sclerosis to take part in a 6-week online exercise and education programme, as part of a research study with AUT. The good news is that you can complete the programme in the comfort of your own home, on days and times that suit you.

If you can access the internet, walk unaided and are able to take part in exercises which need you to get on and off the floor, we would like to invite you to consider taking part in the study. If you decide to join the study you will receive 6 weeks of MS-specific exercises and six educational sessions, designed to help you manage your MS better.

You can find out more and access the full information about this research study by clicking here or scanning the QR code below or visiting <https://www.ms-ghs.com/aut-research-project-msghs-patient-program/>



Recruitment for the study is open until 31st July 2024

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New Zealand
Multiple Sclerosis
Research Trust

Knowledge brings hope