

Multiple Sclérose Lëtzebuerg

What is the Multiple Sclérose Lëtzebuerg?

Multiple Sclérose Lëtzebuerg is a non-profit association aiming to support people concerned by multiple sclerosis. The main aim of Multiple Sclérose Lëtzebuerg is to enhance the quality of life of their members.

Offer in the way of physical activity

Multiple Sclérose Lëtzebuerg has offered weekly aquatic Nordic walking and yoga which is adapted to the fitness of the participants. The sessions aim to decrease muscle stiffness and to improve balance, fitness and well-being by using adapted exercises.

Types of exercises offered

Multiple Sclérose Lëtzebuerg proposes sessions of aquatic Nordic walking and yoga. The intensity of the exercises and the conditions of their completion are adapted to each person's capacity. The aquatic Nordic walking is supervised by a lifeguard.

Who can participate?

Anyone afflicted with a multiple sclerosis can take part in this group.

Where and when are the sessions held?



Aquatic Nordic walking

Monday
6.30 to 7.30pm

Pidal swimming pool
Walferdange



Yoga

Friday
9.30 to 11.30 am

MS Day Center "Um Bill"



Information & registration

Multiple Sclérose Lëtzebuerg (MS Lux)

MS-Day Center - UM BILL,

Maison 1,

L-7425 Bill



+352 26 61 05 56



mslux@pt.lu



<http://www.msweb.lu>

What are the costs?

For the aquatic Nordic walking, the costs are 50 € per 10 sessions.

For the yoga, the costs are 170 € per 10 sessions.