

The National MS Society offers **Wellness** programs in the New Jersey Metro area, for people with MS. Classes are adapted for different abilities. Caregivers/Partners are welcome to participate. There are no fees to attend these classes, but registration is required, contact the Society's Navigation Center at 1-800-344-4867 or email [patti.pasquino@nmss.org](mailto:patti.pasquino@nmss.org).

**Yoga – Warren County**

**Allamuchy, Rutherford Hall**

Wednesdays, 6:00 pm – 7:00 pm

March 15, 22, 29

April 5, 12, 19, 26

May 3, 10, 17, 24, 31

June 7, 14

**Yoga – Bergen County**

**Allendale, Crescent Commons**

Mondays, 1:00 pm – 2:00 pm

March 13, 20, 27

April 3, 10, 17, 24

May 1, 8, 15, 22 (No class the 29th)

June 5, 12, 19

**Yoga – Union County**

**Clark, Municipal Building**

Wednesdays, 11:00 am – 12:00 pm

March 15, 22, 29

April 5, 12, 19, 26

May 3, 10, 17, 24, 31

June 7, 14

**Yoga – Monmouth County**

**Freehold, Kershaw Commons**

Tuesdays, 3:30 pm – 4:30 pm

February 21, 28

March 7, 14, 21, 28

April 4, 11, 18, 25

May 2, 9, 16, 23

**Tai Chi – Morris County**

**Denville, Church of the Saviour**

Wednesdays, 1:30 pm – 2:30 pm  
March 15, 22, 29  
April 5, 12, 19, 26  
May 3, 10, 17, 24, 31  
June 14, 21 (No class on the 7th)

**Tai Chi – Sussex County**  
**Sparta, First Presbyterian Church**

Wednesdays from 10:30 am – 11:30 am  
March 15, 22, 29  
April 5, 12, 19, 26  
May 3, 10, 17, 24, 31  
June 14, 21 (No class on the 7th)

**Aquatic Therapy at the Swim-In program – Bergen County**  
**JCC on the Palisades**

411 E. Clinton Avenue  
Tenafly, NJ 07

This program has a waitlist. To be added, contact our office

Wednesdays from 1:00 pm – 2:30 pm  
September – May