



bike

MS

bike to
create a world
free of MS

Sunday 11th December 2011

Name of participant.....

Multiple Sclerosis

MS is a chronic neurological disease that affects the Central Nervous System.

MS affects around 20,000 people in New Zealand, including both those with MS and their families.

MS is usually diagnosed in early adulthood, with symptoms appearing for the first time between the ages of 20 and 40 years.

MS is three times as likely to develop in women than in men.

MS symptoms often appear, and disappear unpredictably and can include; loss of balance, loss of strength in muscles, numbness, pain, muscles spasms, vision impairment and fatigue.

There is currently **NO CURE** for MS.

MS Auckland Region

MS Auckland Region aims to reduce the impact of MS in our community.

We provide tailored support, information and educational resources.

We support over 700 people throughout the Auckland Region

Our services are available to everyone and include:

- One on one support through our team of Field Workers.
- Essential assessment & referral services.
- Hydrotherapy & Yoga Classes.
- Discounted Gym Membership.
- Well equipped library of resources.
- Social/Recreational Programmes.

www.bikems.org.nz

