



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MULTIPLE SCLEROSIS ONE STEP THE GATEWAY FAMILY YMCA RAHWAY BRANCH

The **One Step** program is a 12-week, wellness course designed for adults with medically diagnosed with Multiple Sclerosis. The program provides a comfortable and accessible environment to encourage safe, therapeutic exercise that addresses the issues of fatigue, walking, weakness and depression. One Step also provides emotional support through facilitated conversation in a controlled environment. One Step curriculum is supported by the National MS Society of New Jersey. The course is led by a trained, certified instructor.



Location: The Gateway Family YMCA Rahway Branch
1564 Irving Street Rahway