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# MULTIPLE SCLEROSIS **DAY ONE** **FITNESS**



Scan the code to the left to  
see what the experts say  
about exercise and Multiple  
Sclerosis.

# TESTIMONIALS

"Day One Fitness truly helps me in my day to day life. I am gaining confidence and finding new ways to function daily. I feel like I am getting one of the best workouts for me."



"It really helps me in my everyday life with my balance. In addition to how many ways the gym helps me daily, all the staff is extremely friendly and helpful."

## GET INVOLVED

Call us today to schedule a **FREE** introductory consultation!



 803.265.1699

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 [www.dayonefitness.org](http://www.dayonefitness.org)

