

John A. Schafer, MD
**Multiple Sclerosis
Achievement Center**



UNEXPECTED ABILITY: BALLET AND MS

Dr. Irina Fedulow Plante is a licensed physical therapist with her board certification in neurologic physical therapy. She is the founder of Mountain Neuro Wellness and Physical Therapy Inc in Truckee, CA, where she incorporates various holistic interventions to treat individuals with neurologic presentations, including MS, and uses nature-based activities, ballet, Tai Chi, and equine therapy to provide a creative approach to boosting neuroplasticity.

Unleash your inner ballerina or ballerino and learn how to safely incorporate adaptive ballet to optimize your quality of life. This is a seated class; make sure to have water and a stable chair for this adaptive experience. Dr. Fedulow Plante will discuss the history of ballet, research trends and how to safely incorporate ballet into a fitness routine.

Monday, November 25th
Virtually

10:00am - 11:00am PST

Registration is required and a ZOOM link will be emailed to registrants.

Space is limited.

Please register by November 18th.



To register, contact: 916.453.7966 or
Lacey.Sayre@CommonSpirit.org

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