



Mid America MS Achievement Center News

The Mid America MS Achievement Center's mission is to enhance the body, mind and spirit of people with Multiple Sclerosis (MS).

I'm the newbie at the MS Achievement Center; I started July 24th of this year. I waited almost a year before I got the call to come and join the Thursday group. My body, mind, and spirit were ready for a tune up. Why did I want to participate so badly? Knowing I was going to be around people who were facing what MS is and people who really want to help you. I thank you. It has amazed me to get out of my chair use a walker with the help of a PT go for short walks and get cheered at for doing it. Learning by watching and listening and doing has helped me to know what it takes to succeed.

I had forgotten what stomach muscles felt like. My body is really starting to appreciate what changes are taking place. My thoughts have brightened. I smile, laugh, tease, and get teased just because I am the new kid on the block.

-Brad Pennington