



## ORDER FORM FOR EXERCISE DVD “IT’S YOUR CHOICE - EXERCISES FOR FITNESS & WELL-BEING FOR INDIVIDUALS WITH MULTIPLE SCLEROSIS”

“It’s Your Choice” is an exercise DVD developed by physiotherapists at Toronto Rehab, specifically designed to address the needs of individuals with MS.

The DVD includes several routines of different durations, levels of difficulty and types of exercise to challenge all aspects of fitness. Participants can select from several options to suit their level of ability, energy and time available.

Cost per DVD is \$23.99, includes GST, PST and shipping & handling. (For orders outside of Canada please call (416) 597-3422 ext. 3441)

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*Please allow 4 to 6 weeks for delivery.*

*Please note that the DVD does not replace physical therapy or exercises prescribed by your physician. The DVD does not replace nor should you construe it as medical advice.*

### **Please send your order form or inquires to:**

Service Coordinator ABI  
Room N414 - 550 University Avenue  
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(416) 597-3422 ext. 3441