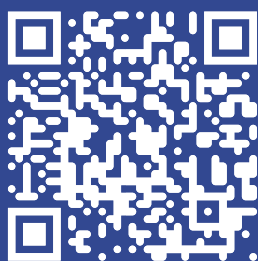




STRONG IN BODY.

STRONGER IN MIND.

Parveen lives with MS, but that doesn't stop her. Being active in the gym or at home enables her to strike a balance.



Watch
Parveen's
story



For little ways to move more with health conditions in **Blackburn with Darwen** visit weareundefeatable.co.uk/bwd

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