

Parveen's Story

Proudly supporting
**WE ARE
UNDEFEATABLE**



This is Parveen.



Parveen has Multiple Sclerosis (MS). MS causes problems with nerves in your brain and spinal cord.



Parveen found out she had MS after suddenly losing her eyesight.

After taking medicine, her eyesight went back to normal.



After 20 years, she started losing her balance, making walking difficult and causing her to fall.



Parveen also started to find it hard to write.



Parveen's doctor said that her MS was getting worse, and she had to retire early from the job she loved in a hospital.





Parveen joined special gym classes at Mind2Muscle to help her.



Parveen is better at walking and falling less. She uses an exercise bike at home.

She knows that moving more helps her health and wellbeing.



At the gym she has made new friends.



Being active means Parveen can enjoy the things she loves, like going on holiday.