The Oak Clinic

2026-2027 Class Schedule

All classes are FREE and open to anyone with MS!

Land Exercise and Yoga classes meet in The Oak Clinic meeting room. Water Exercise meets in the Green YMCA pool, located in the clinic building. Stop by the front desk if you need directions!

Healthy Happenings

Once a month, 12-2 PM (light lunch served)

Cleveland Clinic Akron General Green, 1940 Town Park Blvd.

Tuesday, November 17	Eating for Energy When Fatigue Is the Main Symptom
December	*No class*
Wednesday, January 13	Weight Changes in MS: Why It Happens and What Helps
Wednesday, February 10	At-Home Exercises
Wednesday, March 10	Anti-Inflammatory Eating: What Actually Matters in MS
Wednesday, April 14	Getting Started with Aqua Exercise (discussion only, no pool)
Wednesday, May 12	Protein for Muscle, Strength, and Function
Wednesday, June 9	Vitamin D, B12, and Key Nutrients in MS

Land Exercise

Tuesday and Thursday, 10:30-11:30 AM (in person)

Monday – Thursday, 10:30-11:30 am (Zoom) - Call Sue at 419-581-1182 for the link to participate

This is a strength and conditioning class designed to build functional strength and restore disrupted movement patterns. The exercise focus is on strengthening all major muscle groups to counteract MS symptoms and help the participant maintain as much independence as possible. Patients will experience improved strength, endurance, mobility, balance, flexibility and quality of life. All levels of fitness are welcome.

Yoga

Monday, 3-4 PM, and Wednesday, 6-7 PM

These classes teach Yoga postures that release muscular tension through stretching, which relaxes the body and mind. Everyone, no matter their current condition, can benefit from Yoga. Chairs are available and can be used for all or part of the class.

Water Exercise

Friday, 10-11 AM

The MS class in the water offers the stability of the water to aid in walking, as well as exercise for the body, mind and spirit.