

FREE YOGA & MEDITATION CLASSES



Anyone living with multiple sclerosis is invited to participate. Instructor Louanne Cho, E-RYT 500, AWC assists with positioning as needed, regardless of your mobility level.

Classes are FREE for all patients living with MS, and one caregiver or friend—only a MS Yoga Class Card is required. To get your class card or to learn more, call The Desi Roth Harrison Multiple Sclerosis Center at Ochsner at 504-842-3980 or Kathryn Bardwell, Social Worker, at 504-703-6314.

Ochsner Fitness Center at Heritage Plaza

Tuesdays, 5:00 pm – 6:15 pm

111 Veterans Blvd., Metairie - 4th floor classroom

FREE parking available in the ground-level lot or garage with voucher validated at the Fitness Center front desk.

Ochsner Fitness Center – Elmwood

Fridays, 11:30 am – 12:45 pm

1200 S. Clearview Pkwy., Harahan - Studio D

FREE parking available in the main and rear parking lots.



The Desi Roth Harrison
Multiple Sclerosis Center