

Study Title: Delivery of a Culturally Tailored Exercise Training Intervention for Hispanics With Multiple Sclerosis

Are you an adult that has multiple sclerosis (MS)?

We invite you to participate in VAMOS-MS, a remote research study at UTHealth Houston.

✓ **What's involved:**

- 8-9 month involvement in an exercise intervention delivered in Spanish and English
- 3 remote assessments of your movement and thinking
- Remote Zoom calls with a bilingual coach

All study activities will be done remotely.

✓ **Potential Benefits:**

- Receive one-on-one coaching support
- Improved fitness and overall quality of life
- Help advance the science on exercise and MS

✓ **Potential Risks:**

- Risks of strains, sprains, and muscle soreness
- Feelings of discomfort or embarrassment when reporting symptoms or experiences with MS, physical inactivity, and language use

✓ **Eligibility:**

- You are 18 years or older
- Can read and speak Spanish or English
- You have been diagnosed with MS and are relapse-free for the past 30 days
- You are willing to be randomly assigned to complete an exercise program



**YOUR TIME WILL BE
COMPENSATED**

**If You Are Interested
Please Scan the QR Code:**

Or Contact Us:

Phone: (713) 500-9490

E-mail: vamosms@uth.tmc.edu

<https://clinicaltrials.gov/study/NCT07606742>

