



## **Exercising with a spinal cord injury: considerations beyond paralysis**

### **Let's talk science with med students at UVic**

- What are the health-related consequences of spinal cord injuries?
- How do you exercise if you can't sweat? If you can't increase your heart rate? If you can't release adrenaline?
- What are the special exercise considerations for people with spinal cord injuries? How can they safely maintain their fitness?

**Join second-year Island Medical Program students Lee Bauer, Jordan Friedmann, Michael McGregor, and Charles Clayton to learn more.**

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**Wednesday, January 25 @ 6:00 – 7:30pm**  
**Medical Sciences Building Room 150**

Refreshments available.

This is the latest in a series of medical school presentations.

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