

# THE MIAMI PROJECT TO CURE PARALYSIS **ONLINE SCI AEROBICS PROGRAM**

The one-hour aerobics session will involve different movements to get your blood pumping and good music to raise your heart rate!



Every Tuesday and Thursday  
@ 4pm

<https://miami.zoom.us/j/97906262368>

Password : sci



**Everyone is welcome!**



UNIVERSITY OF MIAMI  
MILLER SCHOOL  
of MEDICINE