



*Learning
Together*

Exercise Schedule

**Preliminary* All times CT US*

Friday | September 19, 2025

9:00-10:00 AM Exercise Workshop for Beginners
Helene Alexandersen, PhD, RPT, Karolinska Institutet, Department of Medicine
TMA Medical Advisory Board member

10:30-11:30 AM Exercising with Everyday Objects: Turning Lemons into Lemonade
Ashley Dalby, MS, ACSM EP-C, CET, UT Tyler and Kourage Health

1:30-2:30 PM Exercise Class for All
Kourage Health

Saturday | September 20, 2025

8:30-9:30 AM Exercise Class for All
Kourage Health

10:30-11:30 AM Exercise for Non-Beginners
Helene Alexandersen, PhD, RPT, Karolinska Institutet, Department of Medicine
TMA Medical Advisory Board member

1:00-2:00 PM Hand Exercise Workshop for Inclusion Body Myositis
Helene Alexandersen, PhD, RPT, Karolinska Institutet, Department of Medicine
TMA Medical Advisory Board member

2:15-2:45 PM MyoMoments: Laughter Yoga
Kevin Cotter, mental health author and podcaster

4:00-4:30 PM MyoMoments: Laughter Yoga

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MyoMoments: Singing for Health

Lesley Ann Saketkoo, MD, MPH, Director and Founder of New Orleans Scleroderma and Sarcoidosis Patient Care and Research Center; TMA Medical Advisory Board member

Sunday | September 21, 2025 | World Myositis Day

8:30-9:30 AM

Exercise Class for All

Kourage Health