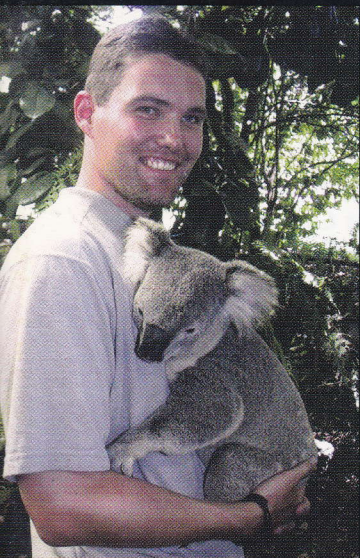


# new Pathways

The MS magazine of choice

May / June 2003

Issue 19



The thrills – and  
spills – of travelling  
the globe



Fluid movements  
after a watery  
workout



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