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| **Pre-program opinions** | **Post-program opinions** |
| *"I have lots of friends, sometimes I join the community centre, do this and do that, and see a lot of friends." (P2)* | *"After playing with the kids, I am more motivated to build relationships and value life more." (P2)* |
| *"If I don’t do it, I’m surely going to be a slob of a person." (P3)* | *"Another activity that I have started to do myself is to get out of this chair, hold onto the handles and start walking because MS doesn’t get better by itself, and you have got to keep the muscles working. You want to look good, not like a years old gran." (P3)* |

Table 3: Comparison of participants’ pre- and post-program motivations.