

Music x MS



Music has a wide range of benefits. It can connect us to one another and provide a beat to dance to and console our broken hearts. Now, new studies are examining how music therapy and rhythmic auditory stimulation (RAS) might help people who have difficulty walking.

In the meantime, we have just the soundtrack for you to download. Our Spotify playlist, Music x MS, showcases artists and producers living with MS. These include:

- Art Alexakis (solo artist and from the band Everclear)
- Clay Walker
- Tamia Hill
- Victoria Williams
- Noah '40' Shebib (producer who has worked with artists such as Alicia Keys and Drake)
- Hal Ketchum
- Exene Cervenka (solo artist and from the band X)
- Steven Riccio (solo artist and from the band Horriblyright)
- David Osmond

Visit the [Momentum Spotify page](#) to listen to the playlist.

Learn more about [music therapy and rhythmic auditory stimulation \(RAS\) research](#).