



Education and information sessions - NSW January 2010 – June 2010

Education and information sessions are conducted across the ACT, NSW and VIC. You are welcome to access programs that are convenient, regardless of where you live. The following table provides sessions held in NSW from January to June 2010.

Understanding MS	Location	Date
<p>Learn About MS Session Receive information about MS and MS Australia – ACT/NSW/VIC services and programs. Particularly relevant for people recently diagnosed and their families.</p>	Lidcombe, NSW Chatswood, NSW	Saturday 6 March 10.00am – 3.00pm Saturday 5 June 10.00am – 3.00pm
<p>Newly Diagnosed Information – Teleconference An opportunity to speak with our Medical Director to ask questions and receive information about MS, our services and programs. Particularly helpful for people recently diagnosed and their families/friends.</p>	ACT, NSW and VIC	Wednesday 17 February 7.00pm – 8.30pm
Staying well with MS		
<p>Fatigue Self-Management Program A six week program designed to help you manage fatigue and conserve energy. The program is being offered as a research project at selected locations as well as via the internet.</p>	Dougherty Centre, Chatswood, NSW	Thursday 4 March to 8 April 10.00am – 12.00pm
<p>Wellness Day Explore various health promotion activities relating to mind-body medicine, stress management and lifestyle.</p>	Sydney Olympic Park, NSW	Sunday 28 March 9.00am – 4.00pm
<p>Managing Fatigue – Teleconference Receive information about how to manage MS related fatigue.</p>	ACT, NSW and VIC	Tuesday 16 March 7pm – 8:30pm
<p>Contenance Care in MS – Teleconference Learn about bladder and bowel problems, causes, assessment and treatment options</p>	ACT, NSW and VIC	Tuesday 9 March 7pm – 8:30pm Tuesday 11 May 7pm – 8:30pm
<p>Working With MS Explore your rights and responsibilities at work, as well as super, insurance and finance matters</p>	Lidcombe, NSW	Saturday 20 March 10am – 12pm
<p>Get Active with MS – Teleconference Learn how to increase fitness levels and build strength.</p>	ACT, NSW and VIC	Wednesday 21 April 10.30 – 12.00pm

Please register early to ensure your place in programs.
For bookings or information please call MS Connect™ on 1800 042 138.

<p>Thinking and Memory This is an introductory information session which will cover the most common memory and thinking symptoms that can develop due to MS.</p>	Chatswood, NSW	Wednesday 28 April 10.00 – 12.00pm
<p>Working With MS Teleconference Explore your rights and responsibilities at work, as well as super, insurance and finance matters</p>	NSW	Wednesday 9 June 7.00pm – 8.30pm
<p>Maximising Your Memory An educational program presented by Occupational Therapists and Neuropsychologists to provide people with MS and their carers with information and practical strategies on maximising memory functioning. To get the most out of this session, we recommend that you attend the “Thinking and Memory” workshop on Wednesday 28 April at the Phillips MS Centre, Chatswood (see above)</p>	Chatswood, NSW	Saturday 26 June 10.00am – 3.00pm
<p>Exercise Programs From aqua aerobics to yoga – a range of diverse programs are available.</p>	ACT, NSW and VIC	Various times and dates call MS Connect™

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