



AUSTRALIA
Giving life back

Education and Information Sessions

January to June 2012

Victoria

MS Australia – ACT/NSW/VIC education and information sessions are held across the ACT, NSW and Victoria. You are welcome to access programs in any of our locations, regardless of where you live. Education and information sessions are also available to family members and carers, and via teleconference. Teleconferences allow you to join a session via telephone from any location. Video conferencing and web streaming technology is also offered for some of our education programs.

Program details outlined in this document are current at the time of printing; however, dates, times and venues may change. Please check details when you register. All programs are free of charge, unless indicated. Family members and friends are welcome to attend all programs and interpreters are available upon request.

*Please note that registration is essential as programs will only run if minimum numbers are achieved. To register or for more information, please email educationvic@msaustralia.org.au or call 1800 042 138 (free call).

Learn About MS	Location	Date and time
This program provides accurate information about multiple sclerosis (MS) and MS Australia - ACT/NSW/VIC services and programs. As a medical and research update it is suitable to those recently diagnosed with MS, their family members and friends, as well as people who have lived with MS for some time. This program enables people to exchange ideas, ask questions and hear from a range of health professionals.	Blackburn	Saturday 3 March 10.00am – 1.00pm
	Blackburn & Webstream	Thursday 19 April 1.00pm – 3.00pm
	Kyabram	Wednesday 2 May 5.00pm – 6.30pm
	Footscray	Saturday 23 June 10.00am – 1.00pm
Working with MS	Location	Date and time
Explore managing MS in the workplace; your rights and responsibilities at work, as well as super, insurance and finance matters.	Blackburn & Webstream	Tuesday 21 February 6.30pm – 9.00pm
	Geelong	Saturday 24 March 10.30am – 1.00pm
	Blackburn	Saturday 2 June 10.00am – 12.30pm
Taking Control and Planning Ahead	Location	Date and time
The law in Victoria enables us to ensure we have maximum control over how decisions are made when we are not in a position to make those decisions ourselves. This session provides an overview of the various types of enduring powers of attorney, guardianship and administration. The Legal Aid & OPA publication <i>Take Control</i> is also available	Reservoir	Friday 16 March 10.30am – 12.30pm
	Noble Park	Thursday 24 May 10.30am – 12.30pm
Thinking and Memory	Location	Date and time
This session will explore common MS related thinking and memory changes and their management in the context of both other MS symptoms and every day cognitive management strategies.	Blackburn & Webstream	Thursday 29 March 10.00am – 12.30pm
	Blackburn & Webstream	Monday 14 May 6.00pm – 8.30pm
Get Active with MS	Location	Date and time
This session is aimed at people with MS who are interested in exploring exercise. It is led by MSA physiotherapists and health promotion team. You will receive advice about ways to get more physically active, increase fitness levels and build strength, as well as guidance to help you start a program that suits you.	Blackburn	Wednesday 29 th February 1.00pm – 3.00pm

Mood and Emotions	Location	Date and time
This session will discuss reasons for mood and emotional changes in MS, as well as various treatment options such as self management, psychological therapy and medication.	Footscray	Thursday 3 May 6.30pm – 8.30pm
Fatigue	Location	Date and time
80% of people with MS report fatigue as one of their worst symptoms. This two hour information session provides an overview of MS fatigue and management strategies.	Footscray	Tuesday 20 March 6.30pm – 8.30pm
	Narre Warren	Wednesday 23 May 10.30am – 12.30pm
	Blackburn	Wednesday 20 June 10.00am – 12 noon
PNI - Psychoneuroimmunology	Location	Date and time
PNI is the scientific study and practice of what some call “the mind-body connection. Dr Gary Fulcher, Senior Clinical Psychologist at MS Australia – ACT/NSW/VIC will explain the principles of PNI .	Webstream	Wednesday 14 March 1.00pm – 3.00pm
Medication Update	Location	Date and time
There are new medications available for MS, the MS Australia nurses will lead a discussion about the medication currently available and those in development	Footscray	Thursday 22 March 10.00am – 12 noon
	Blackburn	Tuesday 8 May 10.00am – 12 noon
International Speaker	Location	Date and time
Biogen Idec are bringing Eva Havrdova to Australia from Prague in the Czech Republic. Eva is a neurologist with a particular MS interest	Blackburn	Wednesday 28 March 11.00am – 12 noon
Family Programs		
MS Australia Family Day	Location	Date and time
A combined Kids and Teens Day at Werribee Zoo. Come as a family. Separate programs for primary school aged children, secondary school aged children and parents.	Werribee Zoo	Thursday 12 April 10.00am
Teleconferences – call 1800 042 138 to register		
Learn About MS Teleconference	Time/Session	Date
Suited to those recently diagnosed. Ask questions and learn more about MS and MS Australia services.	7.00pm – 8.30pm	Wednesday 15 February
Managing Fatigue Teleconference	Time/Session	Date
Learn how to manage MS-related Fatigue – Part 1 of 2	10.30am – 12 noon	Thursday 1 March
Learn how to manage MS-related Fatigue – Part 2 of 2	10.30am – 12 noon	Thursday 15 March
Continence Care in MS Teleconference	Time/Session	Date
Learn about bladder and bowel problems – causes, assessment and treatment options	7.00pm – 8.30pm	Wednesday 28 March
	10.30am – 12 noon	Tuesday 24 April
Get Active with MS	Time/Session	Date
This session is aimed at people with MS who are interested in exploring exercise. It is led by MSA physiotherapists and health promotion team. You will receive advice about ways to get more physically active, increase fitness levels and build strength, as well as guidance to help you start a program that suits you.	7.00pm – 8.30pm	Wednesday 14 March
	1.00pm – 2.30pm	Thursday 17 May